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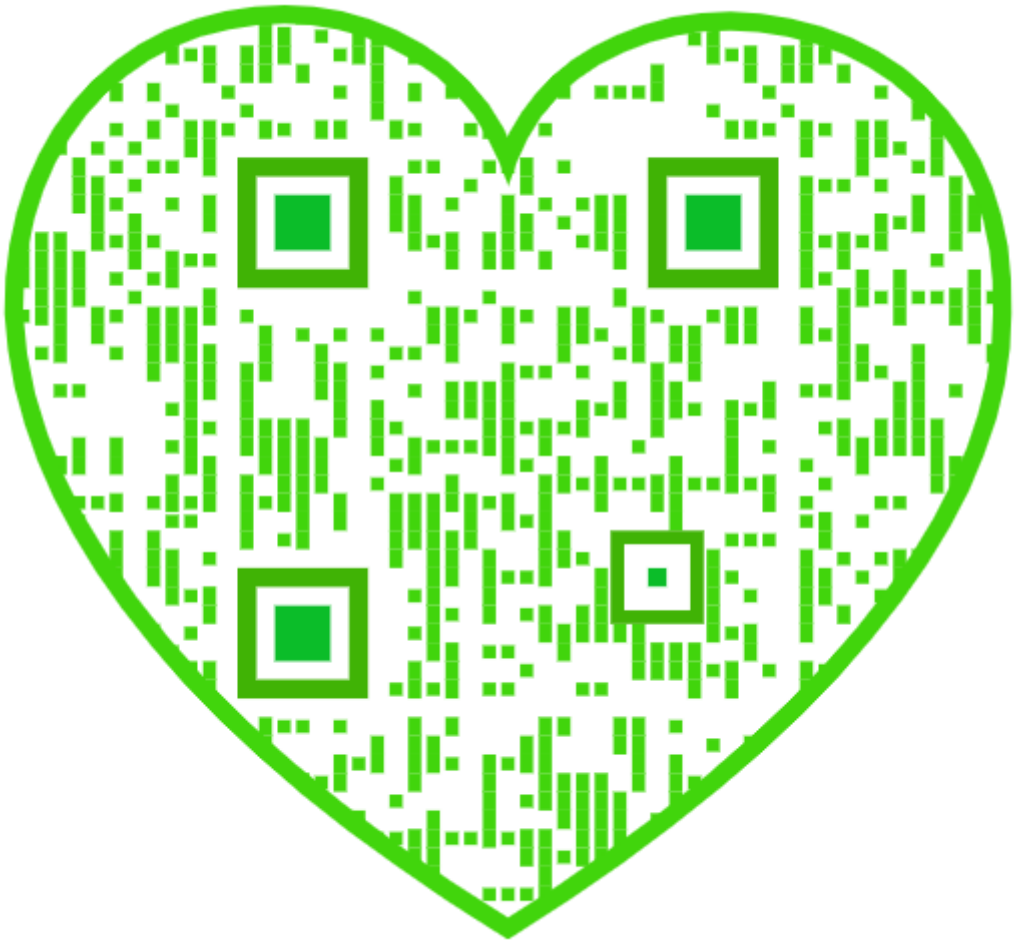

Photo by Alman & Co.

GEORGE D. PHILLIPS
Ex-Champion Figure and Speed Skater of America

SPALDING'S ATHLETIC LIBRARY

HOW TO BECOME A SKATER

CONTAINING FULL INSTRUCTIONS FOR EXCELLING AT

FIGURE AND SPEED SKATING

ILLUSTRATED

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AMERICAN SPORTS PUBLISHING COMPANY
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The publishers extend their thanks to George W. Kirner, of the Brooklyn Skating Club, for valuable suggestions.

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SKATING AND SKATING CHAMPIONS

The use of skates in some one form or another has been popular for almost a thousand years. They had their origin in Continental Europe and were later introduced into England. The old-time Norse, Swedes and Dutch were pioneers in the art of propelling one's self over ice on improvised runners, and they have left latter-day humanity a legacy that has increased to wondrous value. Like that of many other pastimes, the exact origin of skating it is impossible to ascertain, and consequently those who would speak of its early state must generalize to a considerable extent. In the "Edda" or "Elder Edda," a collection of Icelandic literature gathered by Saemund the Wise, supposedly in 1056-1133, skating is mentioned. This is probably the earliest known source from which record of the facinating pastime can be obtained. The god Uller is represented as being remarkable for his beauty, arrows and skates. Friedrich Klopstock, the celebrated German poet and author, in speaking of skating two hundred years ago, said that man, "like the Homeric gods, strides with winged feet over the sea transmuted into solid ground." Goethe, Herder and other German poets have also sung its praises.

Fitzstephen, a writer in the twelfth century, is undoubtedly the most reliable authority on the remote past of skating. He states that the art was imported into England from the Low Countries. He also describes in detail features of the sport in its elementary state.

The style of skate then in use was the brisket bone of an ox, which was fastened to the sole of the foot and around the ankle like the talares or winged sandals of Mercury. The skater, armed with an iron-shod stick, pushed himself forward by striking it against the ice, and moved with as much celerity, says

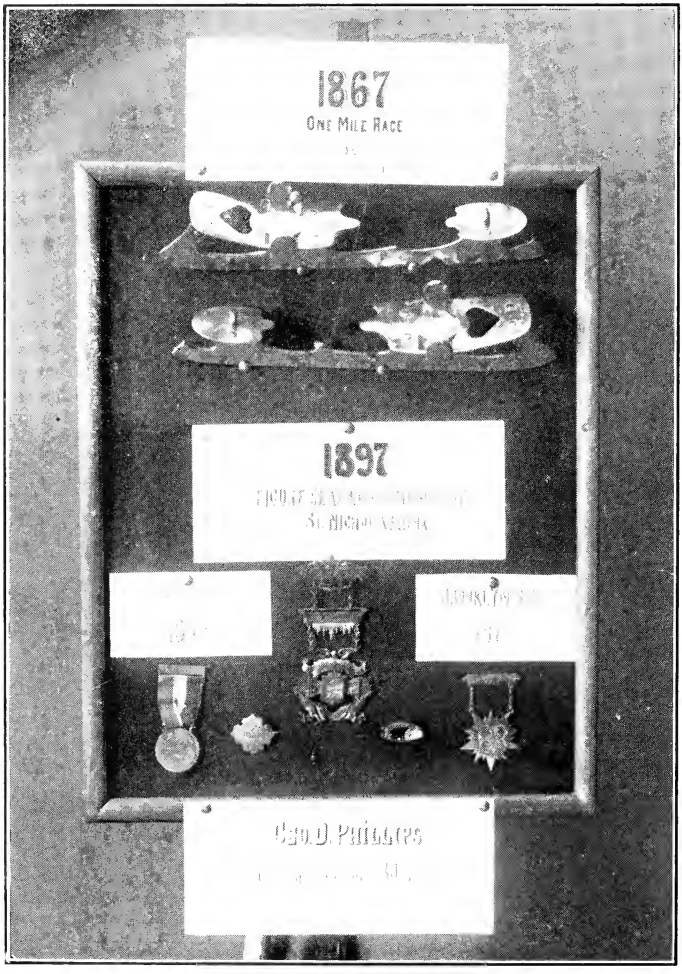


Photo by Frank

A DIFFERENCE OF THIRTY YEARS—THE FIRST AND ALSO THE LATEST PRIZES WON BY GEO. D. PHILLIPS

the author, as a bird flying through the air or an arrow from a cross-bow. In the museum of Cambridge may be seen the combined ulna and radius of a red deer, and bones evidently ground down by being used as skates are shown in the British Museum and also at Guildhall.

The wooden skate, shod with iron or steel, made its appearance in the fourteenth century. In the vocabulary by Commenius, called "Orbis Sensualium Pictus," these skates are called "scrick-shoes," from the German, and in the print at the head of the section in that work, they are represented longer than those of the present day, and the irons are turned up much higher in front. There is historical evidence that iron blades were used as early as the sixteenth century, for it is recorded that in 1572 A. D., the Dutch fleet, being frozen in the Y at Amsterdam, Don Frederick, the son of Alva, sent a body of men to take the vessels, but the Dutch musketeers sallied forth on skates, and successfully routed the aggressors.

Of course, skating in its undeveloped stage lacked organization. Races were practically unheard of and no records were kept. Holland is believed to have first promoted speed contests on an official basis, crude in the extreme though it was, and later England took up the practice. The first race in England that won a place in the sporting annals of that country occurred in 1823. The event was a five-mile race for a bowl, value $125, at Maze Lake, Hertfordshire. Six gentlemen competed, the winner turning up in an aspirant named Blenkinsop. In 1841 W. Needham, of March, offered to race any man in the world, but before the season waned, he received his quietus from Few, of Sutton. At this time we read of such men as Cross, of Ely; Clark, of Yaxley, and Sharman, of Holme, but the most prominent among the lot being a skater named Register, who hailed from Southey. He claimed the championship by defeating an aspirant named Porter in a two-mile race. The time was 6m. 35s.; exceptional interest being centred in the performance, as it is believed to be the first accurate record ever kept. The year 1854 is memorable as being the advent of William Smart, or, to use his popular pseudonym, "Turkey," the first of a long line of

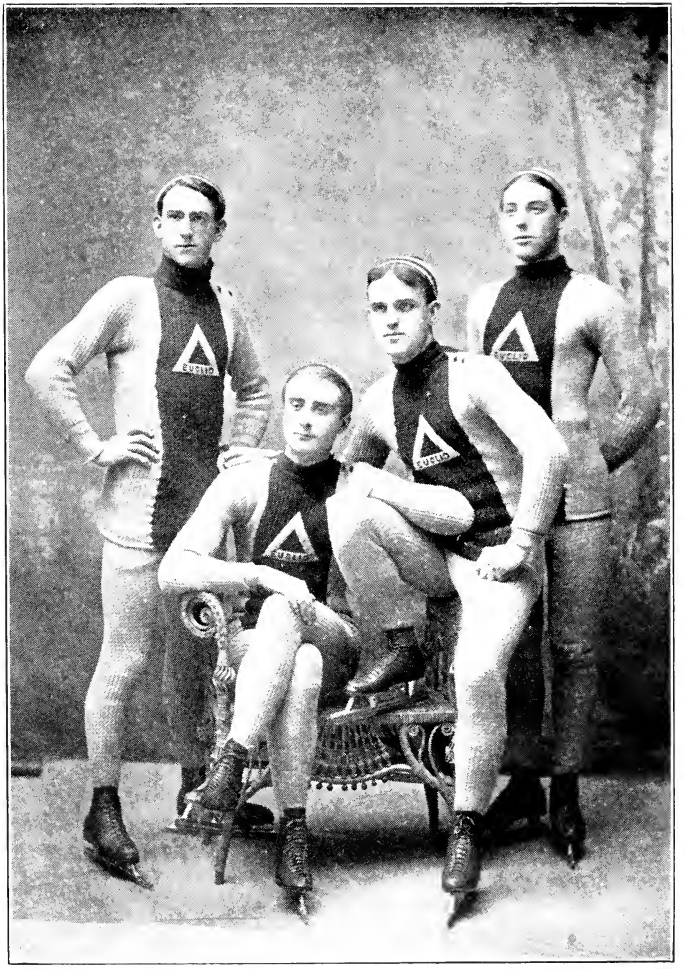


Photo by Brettell

Morris Wood Allen Taylor Hugh Palliser Gus. Stolz

THE FAMOUS SKATING TEAM OF THE EUCLID SCHOOL, BROOKLYN

illustrious skaters. He defeated Register for the championship, securing as the prize a silver watch which is regarded in the family to the present day as a valuable heirloom. At Welmey, in February, 1855, "Turkey" defeated such men as Green, See, Wiles, Register and Watkinson for a prize of $50, but had to succumb to "Gutta Percha" See in 1861, at Wisbech; but "Turkey" turned the tables on "Gutta Percha" by defeating him a month later.

In 1878 George Smart, otherwise known as "Fish" Smart, commenced a string of victories which made him famous at home and abroad. During '79, '80 and '81 he won no less than fifty-five races, never once suffering defeat, although meeting such cracks as Harrison, Carter, Hawes and G. See. But the most memorable race ever held was brought off at Mepal, on December 18, 1878. Among the competitors were William ("Turkey") Smart and G. ("Gutta Percha") See, with two other young skaters, who subsequently became prominent, George ("Fish") Smart, "Turkey's" nephew, and George See, "Gutta Percha's" son. In the first heat the veterans, "Turkey" and "Gutta Percha," succeeded in defeating their opponents, but by a singular stroke of luck, were pitted against each other in the second round. "Gutta Percha" won this event by a close shave. This was followed by another sensational contest, for in the third round "Gutta Percha" had to run against his own son. A scene of indescribable excitement prevailed when, in spite of "Gutta Percha's" greatest efforts, his son brought him home the oft-repeated adage, "Youth will be served." In the meantime George Smart, "Turkey's" nephew, had vanquished all his opponents, which made him entitled to meet young See in the final. He won easily, and thereby commenced the rank which he was to hold among skaters for more than a decade afterward.

In the month of January, 1880, the National Skating Association held their first meeting at Hendon, on the "Welsh Harp" Water, and since then we have been periodically treated to crops of records under every conceivable condition. The best times of this season were done at the championships. The ice was in splendid condition. Dewsbury covered the one and a half miles

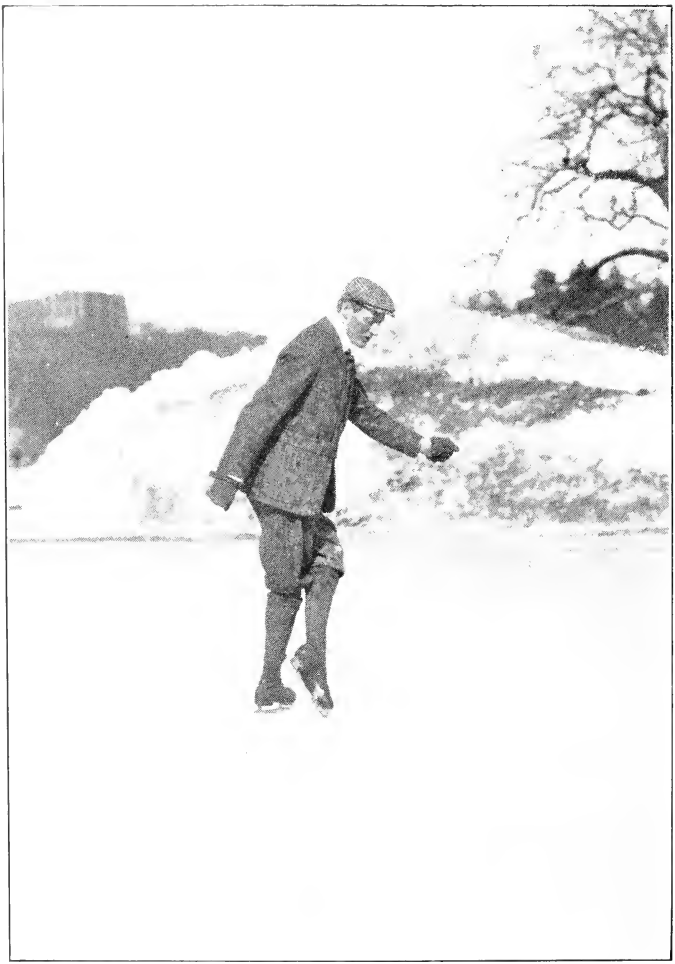


Photo by Hemment

IRVING BROKAW, THE NOTED NEW YORK FIGURE SKATER,
EXECUTING A TOE MOVEMENT

in 4m. 53 1-5s.; Bones in 4m. 53 2-5s. George Smart's best time was 5m. 1-5s. For a while it became a vexed question as to how fast George Smart could skate, consequently Mr. Neville Goodman offered a $125 prize to any skater who could, without wind, cover a mile in 2m. 50s., and although several tried it, none could accomplish the task. He also offered $25 to George Smart if he could beat 2m. 40s. Smart tried, and only got home in 3m. In this year an international match was the result of an agitation between the National Skating Association and the Dutch Skating Association, but a persistent thaw setting in, the affair had to be abandoned, and indeed it may be said that there was practically no more skating until the winters of 1886 and 1887.

The first American to rise to national prominence as a skater was Charles June, a resident of that great nursery for successful skaters, Newburg, New York. It was in the late '30s that June's star was in the ascendant. After June's time came Tim Donoghue, George D. Phillips, Sam Montgomery, John Ennis, F. W. Craft, Joe Donoghue, John S. Johnson and others.

In 1878 John Ennis covered 100 miles in 11h. 37m. 4s., and 145 miles in less than 19h. at Chicago. In 1879 the amateur championship of America was inaugurated and gave a ten and twenty-mile race, which was won by G. D. Phillips.

George D. Phillips was the only man in the history of skating who held at the same time the national championship in both speed and figure skating.

About this time the public were almost driven crazy by the claims of skaters to some marvelous records, viz., one mile with one turn in 1m. 58s., and 30 miles in 1 hour. In order to expose these absurd legends, the late W. B. ("Father Bill") Curtis, through the *Spirit of the Times*, challenged any one to equal these times, and in 1881 $250 were offered to any one who could skate one mile on a six-lap track in less than 2m. 50½s., but the money was never claimed. In 1882 Samuel J. Montgomery skated fifty miles in 4h. 13m. 36s., at New York, establishing new records from twenty-five to fifty miles.

In Canada speed races were held at the principal towns—Montreal, Halifax, Charlottetown, etc., and 1883 saw the best

Photo by Hemment

IRVING BROKAW EXECUTING THE BACKWARD ROCKING TURN

skaters in I. H. Stewart, E. A. Scott and F. Dowd. Races were held on small, cornered rinks, about fourteen laps to the mile, and when Alex Paulsen, of Norway, visited America, he could not get around the turns and was easily defeated. Paulsen again crossed the Atlantic in '84, and this time carried everything before him. First at New York, in a twenty-five-mile race he covered the distance in 1h. 33m. 28s.; next, at Milwaukee, he defeated Dowd, and, returning, won the great international ten-mile match, at Washington, D. C. Among the competitors were R. A. Elliott and C. H. McCormack, of Canada; Hemment, from London, Franklin, from Norway, and G. D. Phillips, C. Pfaff, S. O'Brien and S. J. Montgomery, of the United States. Paulsen won in 36m. 7 2-5s.; Elliott and Phillips being second and third respectively. This year the United States Skating Association was formed, and elected W. B. Curtis as its first president. During 1883 and '84 G. Phillips created a furor by sprinting one hundred yards in 10 3-5s., 220 yards in 22 3-5s., and a quarter mile in 44 1-5s., from a running start and without wind.

In 1886 and '87 the National Skating Association held their amateur championship races. G. D. Phillips captured the two hundred and twenty yards straightaway, 20 2-5s.; twenty-five miles, F. W. Craft, 1h. 39m. 22s.; 1-mile, Tim Donoghue, Jr., 3m. 14 1-5s. At this time it became a vexed question in what time a mile straightaway, with a flying start, could be covered. A favorable opportunity occurring on January 31, a straight mile was measured on the Hudson River. Several tried it, but the best time was by T. Donoghue, Jr., who, aided by a strong gale, covered the mile in 2m. 12 3-5s.

The Donoghue family won fame that will last as long as skating thrives. The late Tim Donoghue, father of Joe Donoghue, lived in Newburg almost all his life and from youth was an enthusiastic skater. For several years before the origin of the National Skating Association, he was American champion and during his career won enough prizes to decorate the wall of a room. Before the Civil War he was known as the "Newburg Cyclone," and it was claimed for him that he skated a mile before the wind in 1m. 50s. The record was never accepted by

IRVING BROKAW EXECUTING FIGURE EIGHT ON ONE FOOT, BACKWARD Photo by Hemment

the authorities, however, although he was given credit for being phenomenally rapid in his flight over a congealed surface. Years after "Tim, Jr." won the championship at skating, but he was forced to retire before his youthful brother, Joe, or, more properly, he was left behind.

Tim Donoghue, Sr., was an oar-maker, and he also boasted of manufacturing all the skates used by himself and his sons.

Joe and Tim, Jr., were warm rivals until the former finally demonstrated his superior ability. When Joe went abroad there was talk of sending Tim, too, so that in case of an accident happening to the former, Tim would be on hand to compete in his place.

Joe Donoghue was born at Newburg, February 11, 1871. He first became known to fame as a roller skater, having, when but thirteen years old, won the roller championship of his native town in a competition at the Olympic Rink, on Lander Street. During the seasons of 1884 and 1885 he won numerous races there, defeating, among others, the noted skater William Boyst, of Port Jervis, N. Y., twice at three miles; Ed Chapman, of Middletown, N. Y.; McIntyre, of Kingston, N. Y., and Wright, of Walden, N. Y., the distance in all of these events being three miles, and most of them being won with ease by the speedy and graceful stripling. The proprietors of the rink presented "Joe" with a valuable watch and chain for defeating all comers. He last appeared in a race on rollers in the summer of 1885, when he beat Ed Chapman. He also early became an expert in ice skating, a love for which sport he inherited. His first appearance in a contest away from home was at Washington Park, Brooklyn, in February, 1884, when he took part in a race open to boys under sixteen years, winning second prize. He next appeared at Albany, January 19, 1887, when he finished first in a one-mile race, defeating a field of fifteen. On the same day he supplemented this victory by defeating eight good skaters in a five-mile race, the second man finishing half a mile behind. He was among the competitors at the initial annual championship of the National Skating Association, near New York, in the winter of 1886-87. He won the half-mile race, and was de-

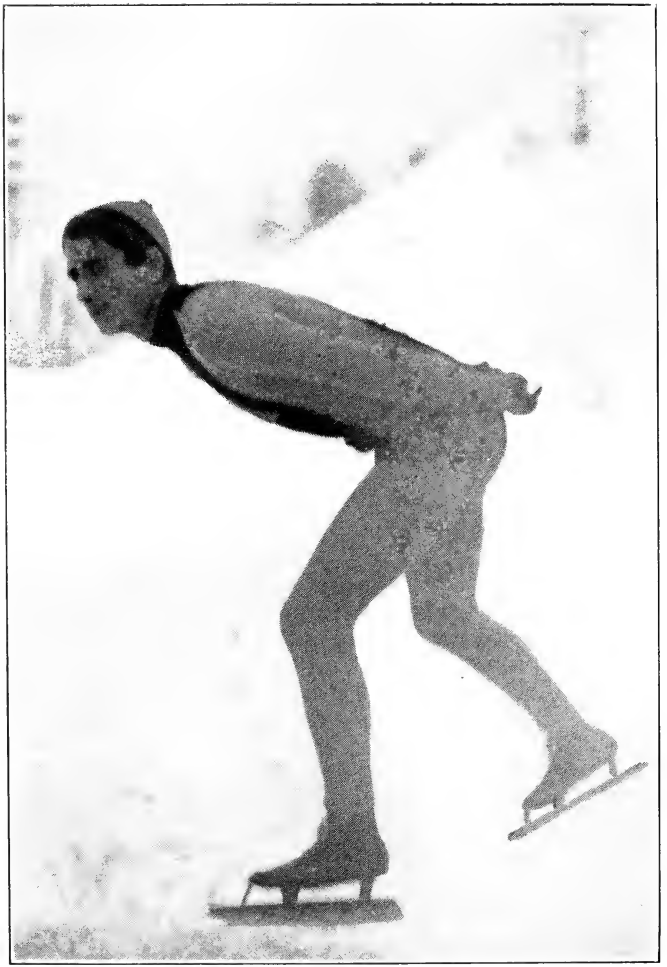
Dusenbury, St. Nicholas Skating Club Lowenhurst, New York Photo by Hare
Dr. Keane, New York A. C. Hill, Boston Arnold, Providence Duffy, Maple Leaf Club

GROUP OF SKATING NOTABLES

feated by his elder brother Tim and Craft of St. John, N. B., in a one-mile event, taking third prize.

On January 12, 1887, Donoghue met and defeated a well known skater named Scullion in a race of one mile, in 3m. 27s., the track measuring a fifth of a mile round, and Joe winning by seventy-five yards. He was again a participant at the second championship meeting of the National Association in January, 1888, winning a five-mile race on January 21, over a field of ten; finishing second to his brother in a mile race on the 24th, and winning at ten miles on the 28th, four others starting. His time in the first race was 19m. 17 1-5s., and in the other 44m. 41 2-5s. His next appearance in a race took place at Albany, N. Y., February 2, 1888, when he won the State championship at five miles, leading from the start and covering the distance easily in 18m. 9s. William Beaver was second. He subsequently challenged the winner of the Canadian amateur championship to skate a match for a gold medal or other prize, for which the loser was to pay, the distance to be either one, five or ten miles, at the option of the acceptor, and the match to be decided at some half way spot, but no answer was received to the defi. Gaining as he was each year in physical strength, staying power and skill, Joe was soon without a rival in the amateur ranks.

During the season of 1888-89 Joe Donoghue went to Europe for the first time, meeting and defeating the pick of the Russians, Dutch and English experts. He went to the championship meet at Amsterdam expecting to have a long period for training before the tournament in which he was to take part. Unfortunately it was an open season and Joe had only four days of good ice in which to prepare himself. His chief opponent, Alexander von Panschin, of St. Petersburg, had, on the other hand, been in steady training for three months and arrived at Amsterdam in perfect condition. In the first race of half a mile Donoghue struck a post and fell; he also was beaten by the Russian in the mile event. This was surely discouraging enough as a commencement, but those who were present say that Joe was as "cool as a cucumber," and did not seem in the least degree



ALLEN TAYLOR OF EUCLID SCHOOL

"rattled." When they were called for the two-mile race he turned to a friend and said, smiling:

"If I don't win this time the old man will be sending for me to come home."

Then the word was given and the dozen skaters were off amid roars of applause. Twelve thousand people waived their hands and shouted as they passed the half-way mark side by side, Joe swinging along with even, steady stroke, his legs moving with the precision of piston rods, and the Russian beside him, with arms swinging and face drawn as if he were unable to realize that the youngster at his side was actually gaining on him. Von Panschin appeared to be straining every nerve and muscle, while Joe, with his arms folded behind his back, might have been out for a pleasure stroll for any effort he seemed to make. Down the home-stretch they came, and Joe drew away from his famous rival inch by inch until there was a distance of two yards between them. Joe never lost his head, and won by seven seconds, making the fastest time on record, 6m. 24s.

Later in the same season Donoghue was beaten at Vienna by the Russian in a mile race, coming in one-fifth of a second behind, and at once challenged Von Panschin to race him two miles. The latter refused, whereupon Joe, in the presence of a great crowd and boundless enthusiasm, skated two miles against the Russian's best time, which was 6m. 41s., and beat it in 6m. 28 3-5s., receiving a grand ovation and a valuable diamond ring from the Vienna Skating Club.

On January 15 and 16 a tournament was held at Hamburg, where Donoghue easily defeated all the Germans, after which he left for America. He competed in the National Skating Association meeting February 22, winning the five miles, while his brother won the one-eighth mile.

In the season of 1889 and '90 the United States National Skating Association, after three postponements, held their meeting January 29. J. F. Donoghue definitely showed his superiority over any distance man by winning the mile in 3m. 28½s., and five miles in 17m. 50 1-5s.; undoubtedly the second best man in the United States being James Donoghue, the younger brother.

BELLEFEUILLE OF WINNIPEG, CAN.

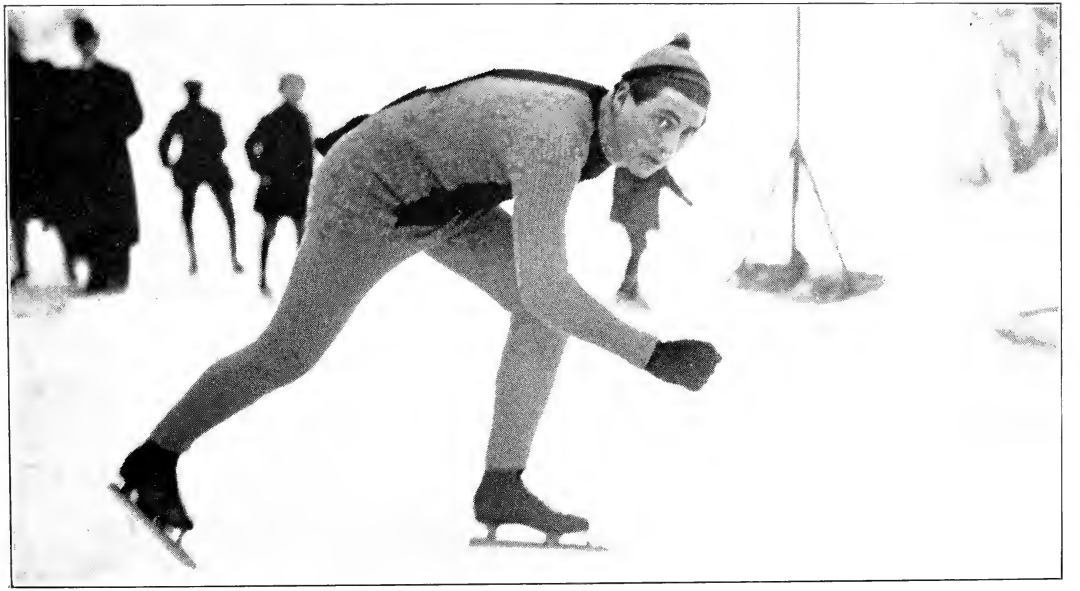
The Manhattan A. C. sent Donoghue to Norway to train for he Dutch championship of 1890 and '91. The races were held at Heerenveen, and resulted in two victories for Donoghue, viz., one mile, 3m. 9 4-5s.; three miles, 9m. 17s. The next event after the Dutch races was the international race, held at Cambridge, England. The distance was one and a half miles, which Donoghue won in 4m. 46s., thus beating all records. Loveday, the British champion, finished second, in 5m. 8s. Rowe was third and Tebbutt fourth. What added to the youngster's triumph on this occasion was the fact that on the very day before James ("Fish") Smart, the English professional, had skated the same distance over the same course in a race, in which he did his best, and had taken 6 1-5s. longer to do it. Thus, although Donoghue as an amateur could not try conclusions with James Smart, yet it was possible from this test to make a comparison between them in favor of the American.

Returning to Holland, Donoghue won all four events at the international races held at Amsterdam on January 6 and 7—half-mile, 1m. 25 2-5s.; two miles, 6m. 10 4-5s.; five miles, 16m. 1s., performances which justly earned for him the title of "Champion of the World."

Returning to America Donoghue took part in the Newburg races February 7, 1891, and broke the five-mile record in 15m. 36 2-5s. over a quadrangular course with two laps to the mile. Some of the best amateurs struggled again Joe in this race, among them being his brother, Jim Donoghue, Simpson, Mosher, Munzesheimer, Gross and George Risk. That same day Joe won the ten-mile race in 35m. 54 3-5s., with Simpson four seconds behind him. He also won the quarter-mile race in 37 4-5s., with Mosher pushing him hard.

At the Newburg races of the National Skating Association, held on Muchattoes Lake, March 3, 1892, Joe Donoghue won easily all four events against all competitors, thereby strengthening his claim to the championship of the world.

Joe Donoghue, however, like many a world-beater, finally met his Waterloo. John S. Johnson, racing under the colors of the Normannia Skating Club, of Minneapolis, defeated him at Red



GUS. STOLTZ OF EUCLID SCHOOL

Bank, N. J., February 16, 1893, in the National Skating Association's championship contests. Olaf Rudd, of the same Minneapolis club, also defeated Donoghue that day. Donoghue evidently was not in his best shape.

Not since the days of the Donoghues has the world seen so brilliant a skater as John Nilsson, the professional world's champion speeding expert, who holds all records from a half-mile to five miles. The amateur champion of America (1904) is Morris Wood, of Long Branch, N. J.

Nilsson makes his home in Minneapolis. In addition to his sensational skating ability he is a powerful oarsman, a canoe expert, a speedy sprinter, a gymnast, a tumbler, a boxer and a wrestler. He has built three motor-cycles, three automobiles, and is developing an airship which he believes will make Santos-Dumont look to his laurels.

Nilsson believes that every skater should be temperate in his habits, and should indulge in a variety of exercises, so as to give himself good all-around muscular development. He never smoked a cigar or cigarette; neither has he ever indulged in intoxicating liquors. Therefore it is easy to understand how he has been able to uphold his supremacy for almost a decade.

As a trick skater, Nilsson probably never has had an equal, certainly no superior. Every imaginable "stunt" of the fancy skater is at his command and he has originated a large number of startling feats. For example, he will approach a chair at full speed on one foot and leap completely over its back, landing on the same foot without losing his balance. Then again he will place three or four barrels side by side and jump over them, *turning around in mid-air and landing with his face toward the barrels.* A novel sight it is to see him run backward on the points of his skates. He goes round and round a circle with his feet in the spread-eagle position, increasing his speed without raising either blade from the ice, etc., etc., etc.

Nilsson may well be described as "a jolly good fellow." His genial disposition has made him a prime favorite wherever he is known. He is a "natural born" humorist, and witty indeed is the man that can turn the laugh against the champion.

HUGH PALLISER OF EUCLID SCHOOL

Morris Wood, the amateur champion of America, learned to skate on the broad Shrewsbury River, which flows near his home, Long Branch. He began to skate almost as soon as he was able to stand and when only fifteen years old had won an enviable reputation among his associates as a speedy performer on the glistening blades.

Wood is a sunburned lad of medium height. His keen sparkling eyes, and clean-cut features stamp him as the possessor of unlimited grit and endurance. He is never beaten until the race is over. He has a burst of speed that is nothing short of phenomenal, and he always saves himself for the finish, when he approaches the line with demon swiftness.

At Verona Lake, N. J., near Montclair, where in January, 1904, Wood won in one afternoon the half, mile and five-mile championships of the National Amateur Skating Association, his performances were described in part by a leading New York newspaper as follows:

"Morris Wood, of Euclid School, Brooklyn, the national amateur speed skating champion at a half-mile and one-mile, added the five-mile distance to his credit. Through the result of the races, he becomes the national champion at the half-mile, one mile and five mile distances. He won because he not only outskated but out-maneuvered his fields and won cleverly in each event and with lots of speed to spare.

"At the crack of Starter Sam See's pistol, at the start of the five-mile race, the twelve men got away well bunched, with Bellefeuille, of Winnipeg, Canada, and Wood in the lead. They were inclined to sprint it a bit for the betterment of their position, but soon worked themselves out, with Christopherson, of the Fleitner A. C., of Chicago, in the lead and Bellefeuille and Wood on his heels. When they crossed for the first mile the position was the same. The time for the first mile was 3m. 16s.

"The positions of the leaders were unchanged at the second mile.

"On the second lap of the third mile Wood, to demonstrate his sprinting qualities, jumped to the front as though the rest of the skaters were anchored. He was five yards in front and

START OF A NATIONAL CHAMPIONSHIP RACE AT VERONA LAKE, N. J.

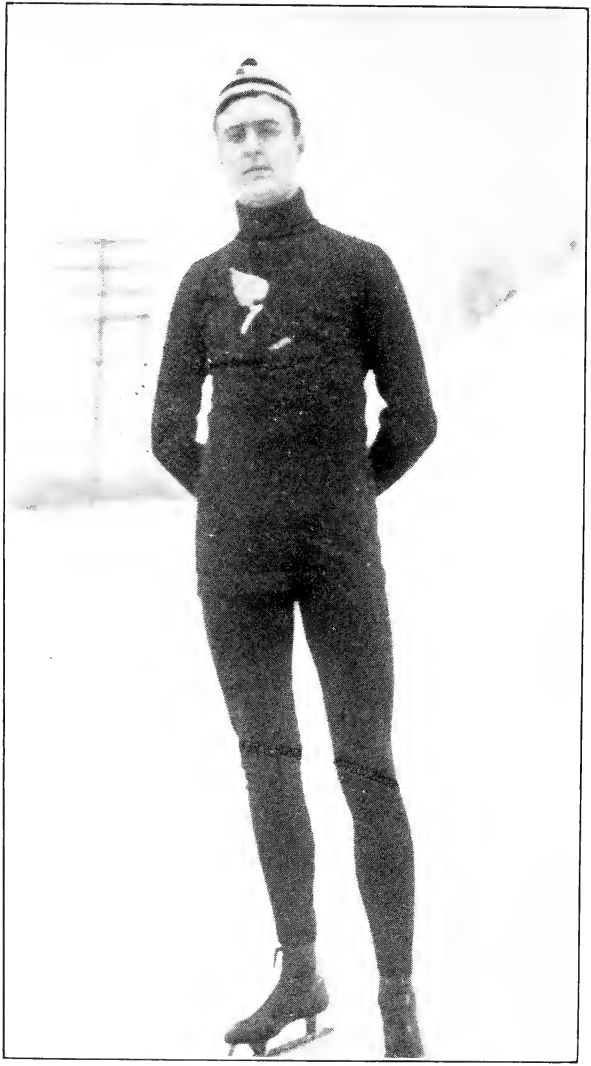
skating easily. Bellefeuille was right behind him, with Merritt, of the Verona Lake Skating Club, coming up to third place. Again in the fourth mile the order of the leaders was reversed, Bellefeuille going to the front and setting the pace for a few laps. Wood was on his heels, with Christopherson close up. They held this order to the end of the fourth mile.

"Bellefeuille kept his lead, with Wood and Merritt close behind until the last half of the last lap. The champion as he came down the far stretch shot away from the leaders as though they were tied.

"As they rounded the turn for the home-stretch Wood was in the lead by fifteen yards. Bellefeuille followed, with Merritt five yards behind, and in this order they crossed the tape. The time for the five miles was 16m. 59s.

"Just as cleverly as he won the five-mile event, the champion gathered in the honors for the half and the mile races. In the half-mile he took the lead after the second lap had been skated, and was never headed. W. H. Merritt followed him across the line in second position five yards in his wake. Bellefeuille was a stride behind Merritt. The time for the half was 1m. 24 4-5s., 4 4-5 seconds behind the record for the distance.

"In the mile race only three yards separated Wood at the finish from the second man, Merritt. The time for the mile was 3m. 3s."



ARTHUR Y. SARONY OF NEW YORK A. C.

HINTS FOR BEGINNERS IN SPEED SKATING

BY G. BELLEFEUILLE, THE WELL-KNOWN CANADIAN EXPERT.

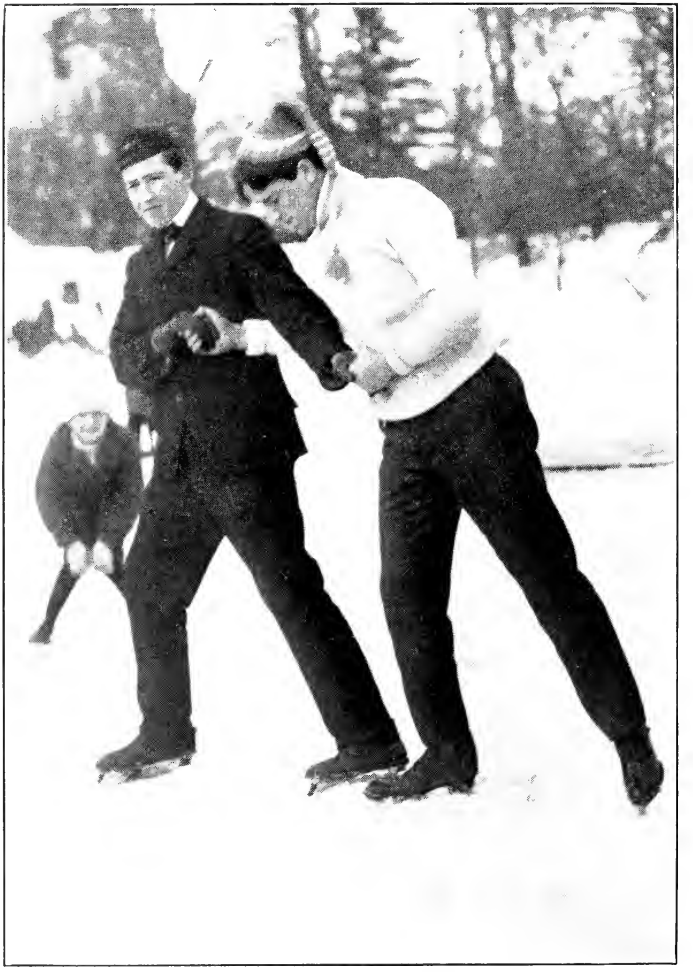
He who would become an able speed skater must determine to practice faithfully, and to keep himself in good physical condition.

Early defeats should not discourage the beginner. Perseverance is the greatest aid to success and men have forged to the fore after spending years among the lesser lights. It is highly important that every novice should learn correct form. A style suited to individual peculiarities or characteristics, is as a general rule, productive of the best results, in opposition to a style of skating copied bodily from someone else. At the same time, much benefit can be had through imitating the leading skaters' methods to some extent.

The beginner ought first to make sure that he is not contracting a faulty pose and an incorrect stroke. He had best watch the maneuvers, of the well-known performers and ask their advice on matters not entirely clear to him.

A jerky irregular stroke is to be avoided. The long, strong glide with balance well held proves more advantageous. The man that falls into the habit of cutting short his strokes, except when circumstances warrant such procedure, tires unnecessarily the muscles of his legs, affects the wind and loses the perfect self-control that is at all times a valuable help. Besides, when strokes are short and jerky the racer fails to derive the full benefit from the power expended.

Be content with gradual progress and skate as much as possible in the open air. Rink, or indoor skating, is naturally of much value as it is available when the lakes, ponds or rivers are not frozen or cleared of heavy falls of snow. Do not patronize rinks, however, when outdoor ice is at hand. Skating in the open has an exhilaration and adds an incentive to speedy work, that is lacking under cover.

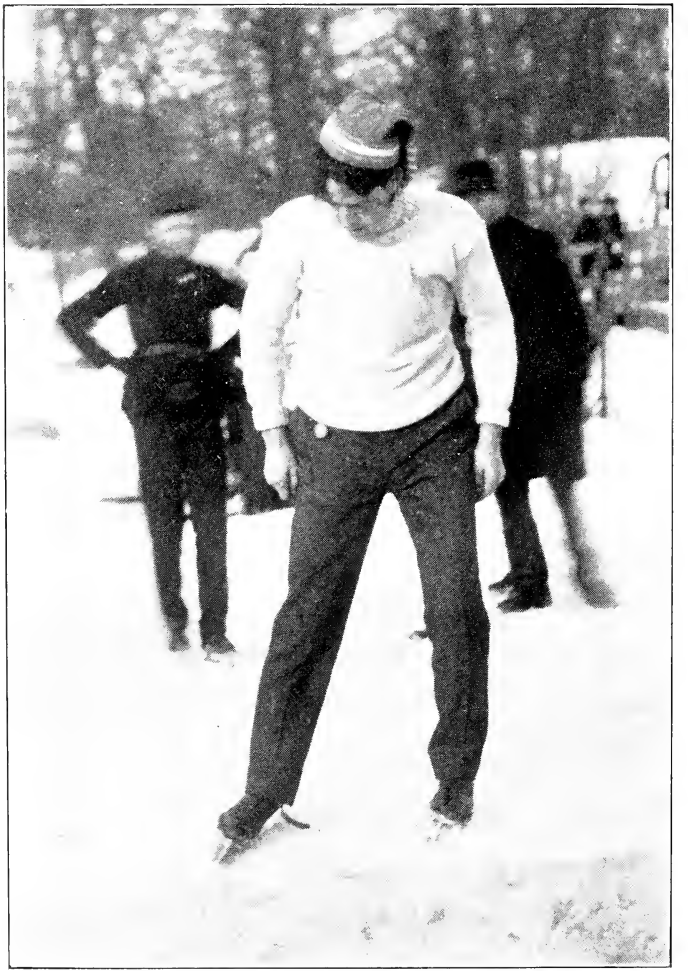


HELPING A BEGINNER
Arms crossed and hands clasped

Form the racing habit as soon as your progress in the art of skating warrants. Experience is a splendid teacher and competition accustoms you to handling yourself under exciting conditions. You should learn something in every race in which you participate.

Always make certain that your skates are strong, well fastened, and in good racing condition. I have known men to travel scores of miles to compete in some important event, only to be placed out of the race through some fault in their equipment. Sometimes a weak strap breaks, or a flaw in a skate causes the blade to snap. The proverbial "stitch in time" saves a hundred or more in a race. Do not fail to renew shoe laces frequently. Never use racing tights that are too small or too tight, as they will retard circulation. Avoid any other articles of clothing that are not loose enough to give the body absolute freedom of movement.

Every beginner should practice at least an hour and a half a day. Find out your weak points and overcome them. Correct your shortcomings in this way in preference to spending a large portion of your time in developing the branches of the sport that comes easy to you.



STOPPING BY TWISTING BODY TO LEFT AND SLIDING ON EDGES OF SKATES

"DONT'S" FOR RACERS

Don't set up too swift a pace at the opening of a long race.

Don't swing too wide on turns.

Don't fail to count laps in distance competitions and to govern your speed accordingly.

Don't crowd your opponents. A skate may strike one of yours and give you a fall.

Don't get into a "pocket." When hedged in, however, work your way clear as quickly as possible, especially if you are nearing the finish of a race.

Don't waste time and strength in elbowing your rivals. Keep your attention on the race.

Don't hesitate to call the referee's attention to foul tactics.

Don't skate too near the edge of a track which has been cleared through a snow-covered stretch of ice. A thrust wider than usual may reach into the banked snow and throw you out of your stroke, or at least, affect your speed to some extent.

Don't fail to breathe deeply and regularly.

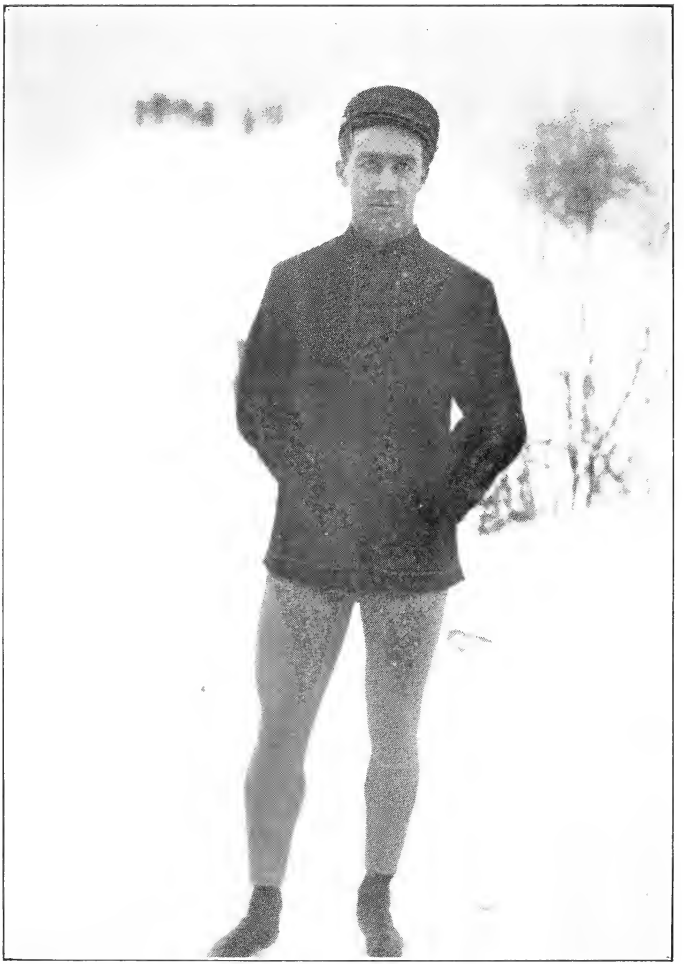
Don't hold your head up. The lower your body, the less resistance it offers to the air.

Don't lose an inch of space at the start. Keep well poised and on the alert for the pistol shot.

Don't pay any attention whatever to the shouts of the spectators. They may merely be trying to disconcert you. Skate your own race at all times.

Don't turn your head when in a quick spurt in a "bunched" field. At this time you must devote every attention to your own position, etc., in order to keep to your feet.

Don't neglect to watch carefully the ice in front. A small crack or the tiniest twig will suffice to trip the unwary skater.



JOHNNY NILSSON, PROFESSIONAL CHAMPION

Don't fail to judge keenly the movements and probable intentions of your antagonists. Meet speed with speed, cunning with cunning, fairness with fairness.

Don't give up a race simply because you slip or fall and lose possibly a hundred feet or so. Remember that the race is never over until the tape is crossed, and that many a stout heart has plucked victory from a seemingly forlorn hope.

Don't stand idly about after a race. Perspiration that dries in the cold will stiffen you, and may result in pleurisy, pneumonia or rheumatism.

Don't talk or shout unnecessarily during a race. You waste needed breath and unconsciously raise your head and shoulders, meeting the wind squarely.

Don't skate yourself "all in" at the beginning of a race. Reserve wind and strength for a final spurt.

Don't burden yourself with extra flesh. Train down without sapping strength.

Don't wear garters or suspenders in contests. They hinder movements of muscles and retard circulation. Full length tights are always preferable.

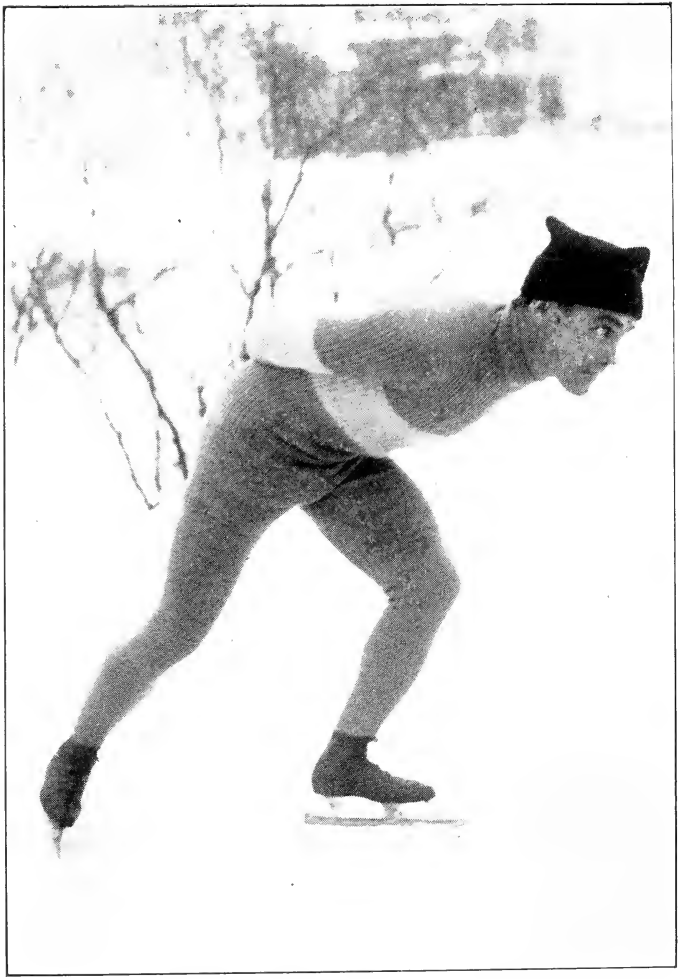
Don't forget, if your ankles are weak, to brace them with strong supporters, in addition to mere straps. A strap exerts pressure on some one or two spots in particular. An ankle support spreads the strain over a comparatively large surface. Also it gives a feeling of comfort to the foot.

"Don't "warm up" too extensively before a race. You are apt to tire yourself unduly. Moderation in all things except speed after the pistol sounds, should be your motto.

Don't talk extensively with friends during rests between races. Save your wind and quiet your nerves. Lie down on a couch in a warm part of the clubhouse. Close your eyes and relax your muscles while your trainer massages.

Don't keep on your skating costume between races. Take it off and be massaged while the tights are being dried.

Don't smoke or chew tobacco, or drink intoxicants. "I never smoked a cigar or a cigarette, or drank a drop of whiskey in my life," says Champion Johnny Nilsson.

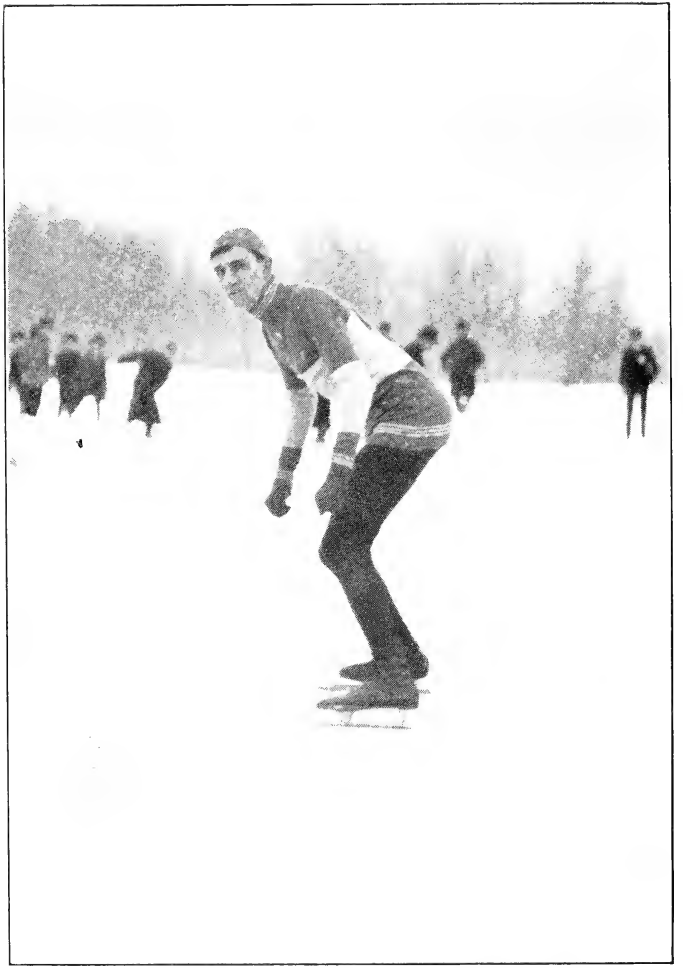


JOHNNY NILSSON'S RACING STROKE

Don't fail to get a good night's rest before a race, and, of course, you would not overload your stomach.

Don't take much stock in stories that your opponents are in poor shape, that the doctor says they should be home in bed, that they have trained only a day or two for a race. They may be just the ones to catch you napping at the finish and give you a merry "ha, ha" as you follow them across the line.

Don't be over-confident. Especially at the finish, even when you consider yourself to have a commanding lead, maintain your highest speed. Many a race has been won and lost in the last fifty yards. Sometimes a skater straightens himself, slackens pace, and casts backward a triumphant smile, only to have a strong finisher go by him on the jump, and corral first honors.



W. H. MERRITT OF VERONA LAKE SKATING CLUB

HOW TO TRAIN FOR RACING

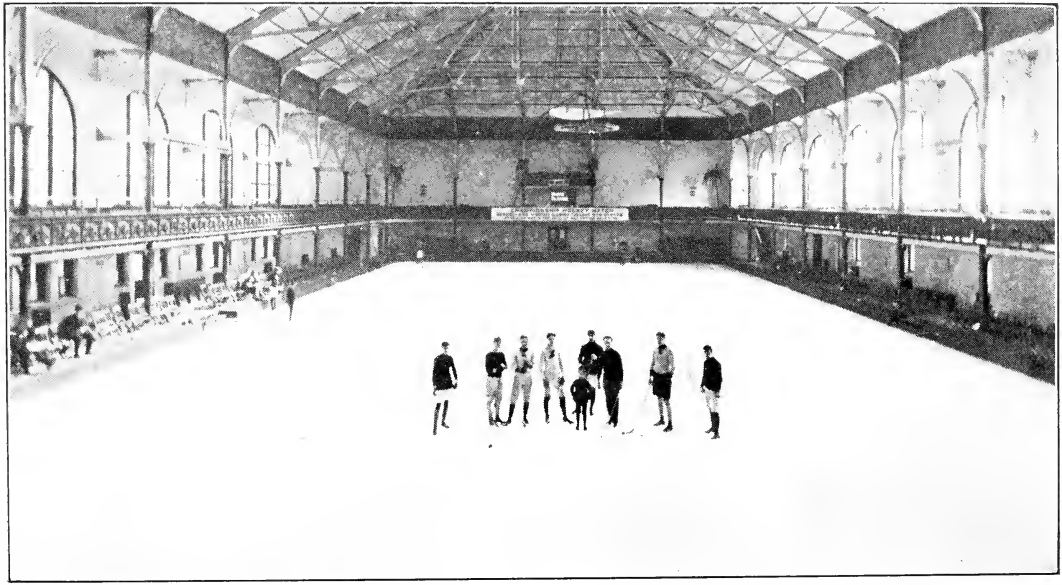
BY MORRIS WOOD, OF LONG BRANCH CITY, N. J., NATIONAL AMATEUR CHAMPION SPEED SKATER.

When a candidate for speed skating honors decides that he will increase his collection of medals and add to the records he has captured, then must he apply time and attention diligently toward the obtaining of his object, or objects, as the case may be. For, as all skaters well know, the winning of an important race is no easy task. Against you are men of varying ages that have probably spent years in competition. In championship matches, this is the inevitable situation. They are not to be "bluffed" or "jollied." They have strength and endurance. Their lungs are deep and broad, their hearts sound, and their nerves tingling for the fray. These qualities, you and I also must number among our possessions if we would shine in stellar skating circles. How are we to obtain them? How are we to retain them when once these physical attributes become ours? These, and other questions confront us and I will draw from my varied experiences in an endeavor to satisfactorily reply to them.

Proper training is the secret of speed skating, after, of course, the principles of icecraft have been mastered. Naturally, all the training that could be crowded into a month of arctic days, where at times the sun doesn't rise for months, would not serve to make a skater of a man that can't lift one blade from the ice without falling.

To derive the greatest benefits from training you should be systematic. Have a stated time for performing each phase of your work, and stick to this programme day by day, increasing its severity, perhaps, as the date of a competition draws near.

When the winter opens, begin by building up to, or working down to, your best racing weight and spend all the time possible in the open air. Force the stiffness from your muscles and



INTERIOR OF ST. NICHOLAS SKATING RINK, NEW YORK Photo by Giannini

joints by comparatively long spins, at a moderate rate of speed. At Long Branch, where I was born and brought up, I go out on the Shrewsbury River, famed for iceboating and skating, alike, as soon as the first thick coating forms and proceed to work gradually into form, just as a horseman puts a trotter through preliminary "work outs," in preparing for the grand circuit.

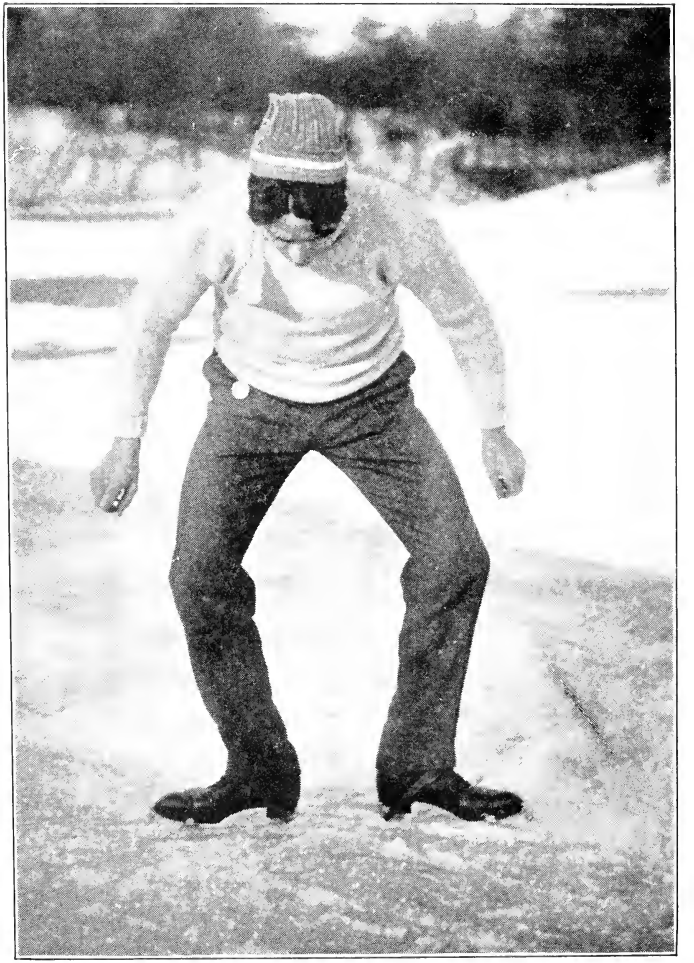
When a few days have passed and the delicate muscles and other tissues have become accustomed to the exercise, I skate more speedily. I go out both in the morning and in the afternoon, for say an hour each time. During the first half hour I skate somewhat leisurely and for the remainder of the period, devote myself to "scorching" down the river at high speed. A spurt back to my original starting point finishes the programme. My rubber now takes me in charge. A brisk rubdown leaves me feeling refreshed in spite of my exertions.

So far as food is concerned, I do not follow any particular scheme of diet. I don't go to excess in eating pastry, candies or extremely starchy foods. I find the best all-around plan is to trust to good judgment and to eat simple things that do not keep me awake at night or give me the dreaded "collywobbles" of childhood days.

Every skater with speeding ambitions should sleep not less than eight hours every night. He should take particular care not to waste his strength. Cigarette smoking is certain to prove a hindrance as it injures the lungs. Deep breathing is essential to speed and lasting powers, therefore, anything that harms the lungs immediately decreases swiftness.

Walking and running are admirable exercises for the skater. Many of the same muscles are brought into play by these movements. I would also suggest running backwards to men who want to put their spare moments to good advantage.

The speed skater's training should be such as gives supple, elastic muscles, rather than that which hardens and knots the tissues. The latter sort are not adapted to swiftness. They are not easily flexed and continued exercise like that involved in a skating race tires them rapidly. The elastic muscle, however, flexes readily and promotes endurance. Athletes quick of



IMPROPER POSITION IN THE SPREAD EAGLE—THE HEAD IS TURNED DOWNWARD

movement are never adorned with heavy, iron-like, muscles. The muscle-bound man moves like an ox in comparison.

Add variety to your training operations in a manner that will not detract from their value as a system. For instance, after a burst of speed straightaway, cut a circle, a wide one or a narrow one, as you choose, first with left foot over, then with the right foot over. Cutting a circle by carrying the left foot to the right of the right foot, is found to be more difficult than the opposite movement.

Again you may cut circles backward, either to the left or to the right. While these maneuvers, like many others that might be mentioned, have no direct usage in racing, yet they aid in developing the skating muscles and in teaching a man to feel at home under all circumstances.

Nine out of ten skaters hold their hands in back of themselves while racing, resting one in the other, or clasping the wrist, and resting the hands on the back, over the hips. If you follow this plan, and it is recognized by the leading experts to be the most advisable, make use of it while training. At times you may swing your arms at the sides or diagonally downward across the breast, for the sake of variety. Hold to the prescribed style in racing, however. Some foreign racers, there are, that have a peculiar fashion of straightening their arms, one pointing forward, in a line with the head and shoulders, the other backward in a straight line.

A SCENE AT DAVOS, SWITZERLAND, DURING THE CHAMPIONSHIPS

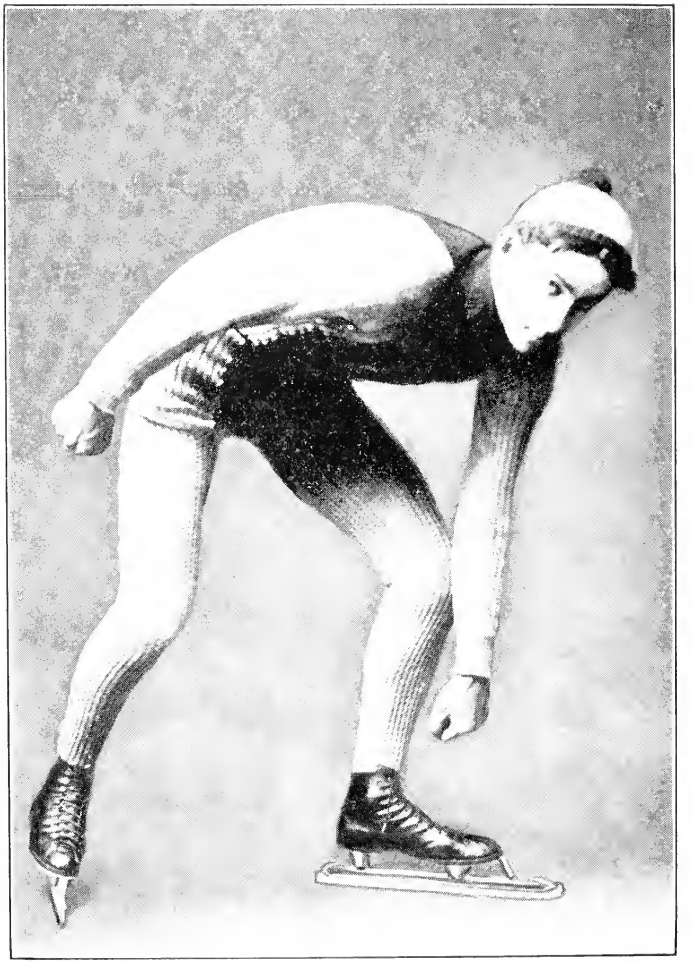
FIGURE SKATING AND BEGINNERS

Dancing has been termed "the poetry of motion," but the phrase is much more applicable to skating, especially figure skating. The figure skater possessing that indefinable something called "good form" is as graceful a sight as can be found in days of travel, and the surpassing ease with which he manipulates his feet would seem to lure one to imitate him.

Many people consider all skaters as one class of athletes. They know too little of the vast difference between the methods of the speed expert and those of the figure star and work on the theory that the racing man must also be an able executor of fancy strokes, simply because he is proficient in track contests and vice versa. Nothing could be more fallacious. You might as well believe a billiard champion to be a formidable pool player, through the fact that he understands the use of a cue. Figure and speed skating are separate arts, just as billiards is in nowise similar to pool.

The figure skater is more of what might be termed an artist than is the speed performer. He is credited in competitions for the carriage and balance of his body, the facility with which he cuts figures, the accuracy of his strokes, etc., etc. His racing brother, on the contrary, wins by crossing the finish line first, irrespective of the technical perfection of his stroke, or the degree of development toward the mastery of what constitutes good form. Of course, the carefully trained, scientific racer economizes in strength and wind by following approved, and hence, improved methods, but his glory and gold medals are the rewards of strength, speed and endurance, nevertheless.

The beginner in figure skating finds the approach to this fascinating pastime, hedged by difficulties. Unless he is determined to succeed he will never rise above mediocrity, which condition every right-minded person should abhor in any branch



MORRIS WOOD, AMATEUR CHAMPION SPEED SKATER OF AMERICA, ON HIS SPALDING TUBULAR RACING SKATES, READY TO START AGAINST A WORLD'S RECORD

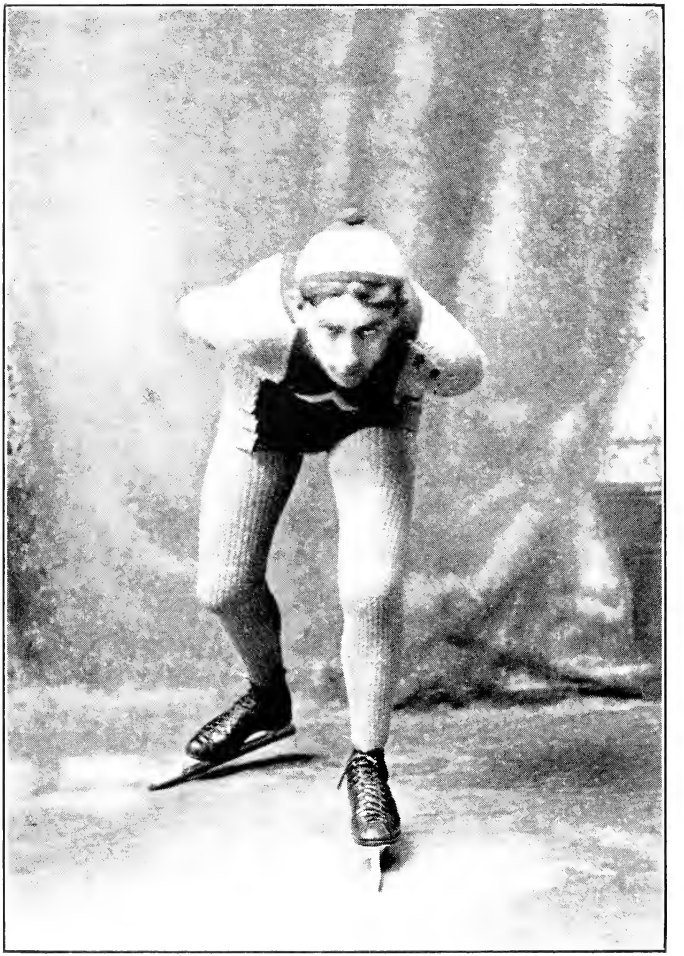
Records: 75 yards straightaway, 8 1-5s.; 100 yards straightaway, 9 3-5s.; 220 yards, 19s.

of endeavor. First, the beginner must learn what to do, next how to do it, and then, how to do it perfectly. Lastly, he must practice faithfully, so that his muscles will receive necessary training, that his balance and poise will be improved, and his knowledge of figures made comprehensive. One figure leads to another, just as arithmetic paves the way for algebra and geometry in school. Simple strokes graduate into the combinations, and these in turn, merge into the complex. Only he that has a trustworthy knowledge of the skating alphabet, will force himself into the higher circles of competition and accomplishment. Therefore, take time by the forelock and build your reputation on a firm foundation.

"Imitate the leaders" is the rule laid down for beginners in many lines of athletics, and, to some extent, it is a good one for ambitious figure skaters. Single out some expert and watch him so closely that he may suspect you of being a detective on his track. But do not sacrifice your own individuality in your style. Books will also prove of valuable aid, and do not neglect the advice of your superiors whenever they are so kind as to relieve their minds of gems of skating wisdom. The studying of diagrams and of photos of skaters in action is also certain to be of aid. Diagrams show accurately the movements of the blades on the ice. They are a source of information and interest even to the greatest of figure experts.

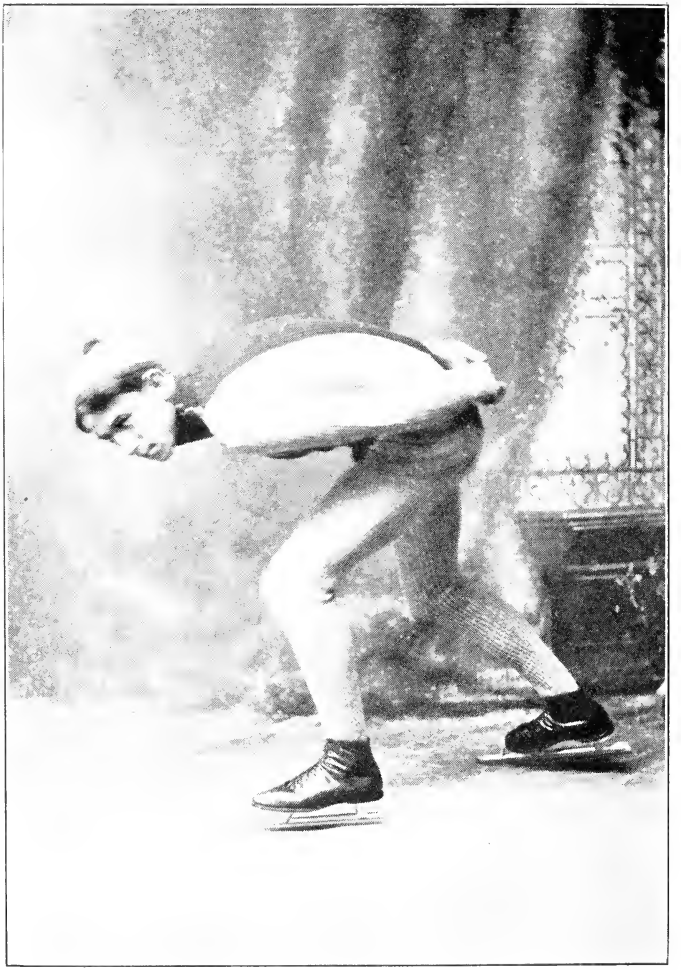
In the previous edition of this book the author spoke with special reference to beginners as follows:

"The practice of skating requires that those who wish to be proficient, should begin at an early period of life and endeavor to throw off the fear which always attends the commencement of an apparently hazardous amusement. The beginner, however, though fearless, must not be violent. He will probably on his first essay, scramble about for a little while, during which he must not let his feet get apart, and even more carefully keep his heels together. He must also keep the ankle of the foot on the ice quite firm; neither should he attempt to gain the edge of the skate by bending, as is commonly done. The only right mode to either edge, is by the inclination of the whole body in the direction required. The leg which is on the ice should be kept perfectly straight; that which is off the ice



CHAMPION MORRIS WOOD'S RACING STROKE (FRONT VIEW)

should be also kept straight, though not stiff, the toe pointing downwards and the heel about twelve inches from the other. Look at neither ice nor feet to see how they perform; keep the body and face rather elevated. When once off, bring both feet up together, and strike again when steady; but do not in these early practicings, allow both feet to be on the ice together. As the legs are raised, so must be the arms, but contrariwise, so that the arm and leg of the same side be not raised together. Practitioners will soon acquire a facility of moving on the inside, and when they have done this, they must endeavor to acquire the movement on the outside of the skates; which is nothing more than throwing themselves upon the outer edge of the skate and making the balance of their body tend toward that side. At the commencement of the outside stroke, the knee of the employed limb should be a little bent, and gradually brought to a rectilinear position when the stroke is completed. Care should be taken to use very little muscular exertion, for the impelling motion should proceed from the mechanical impulse of the body thrown in such a position as to regulate the impulse. At taking the outside stroke the body ought to be thrown forward easily, the unemployed limb kept in a direct line with the body, and the face and eyes looking directly forward; the unemployed foot ought to be stretched toward the ice, with the toes in a direct line with the leg. In the time of making the curve, the body must be gradually and almost imperceptibly raised, and the unemployed limb brought in the same manner forward, so that at finishing the curve, the body will be bent a small degree backward, and the unemployed foot will be about two inches before the other, ready to embrace the ice and form a corresponding curve. The muscular movement of the body must correspond with the movement of the skate, and should be regulated so as to be imperceptible to the spectators. Particular attention should be paid in carrying round the eyes and head with a regular motion, for nothing so diminishes the grace and elegance of skating as sudden jerks and exertions, which are too frequently used by the generality of skaters. The management of the arms also deserves attention."



CHAMPION MORRIS WOOD'S RACING STROKE (SIDE VIEW)

HOW TO CUT FIGURES

The false ideas held by the uninitiated in regard to skating are numerous enough to fill several volumes and not the least among them is the supposition that on the manipulation of the feet entirely depends the success or failure of a figure skater. The truth of the matter is that balance and the adaptation of the position of the body to the best needs of the intended maneuver are the elements that contribute principally to acceptable work with the glistening steel runners. When you see on the ice a man that gives no attention to the position of the body, but acts on the principle that the feet should start or change impetus to another direction, put him down as a novice. The correct method is to make the body turn the feet. The tail does not swing the elephant; no more should the feet swing the figure skater, except in some few instances.

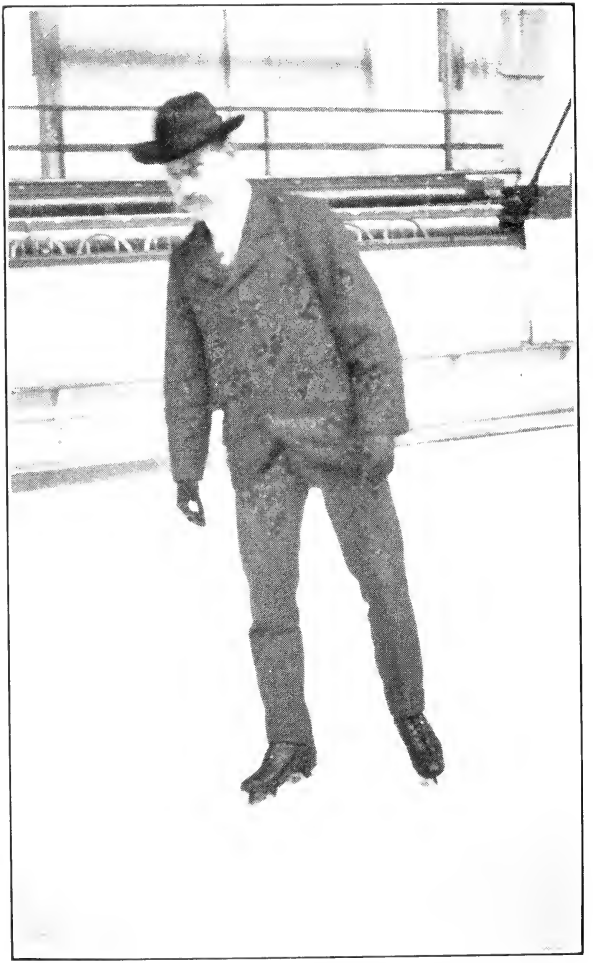
To succeed as a figure skater learn to obtain the maximum of impetus with a minimum of movement of the feet, arms and legs. Give particular attention to turns, making of your body a sort of a pendulum. Every turn in which is involved a change from one edge of the skate to another can be executed without unusual difficulty. As you are about to turn, your body should be shifted to the direction of the curve that will result from the turn. When this line of action is followed, no alteration of position becomes necessary after the turn has been effected. A novice having acquired the power of skating the outside edge, is fired with the ambition of accomplishing the three. He knows that an ordinary three is composed of a curve of outside edge, that to make the turn the skate has to be reversed, bringing him to an inside back, and if he has never been instructed, he will proceed on the outside curve; and his body being retained in the position for that edge, he will make a

JAMES FLEMING
A well-known figure skater of the Brooklyn Skating Club

spasmodic effort to twist his skate round, with the result that he will probably fall. Now watch the adept: When, just at the turn, the whole body from the hip upward is gradually turned so as to be in the position suitable for the curve on which he will find himself after the skate is reversed. In fact, the change is effected by the swing of the balance foot more than by the turning of the body.

In olden times when every one used square heeled skates, a stoppage was effected by elevating the toe part of one or both feet, and so digging in the heel; but with the modern skate, which has rounded heels, this is no longer practicable, and if necessary to stop suddenly, the skater turns sideways and forces the edges of his skates into the ice (shown in photo on page 32) at right angles to the line of progress. But an absolute stop is seldom necessary, and a deflection to the right or left is all that is then needed. To effect this the skater, keeping his feet parallel, leans to the side to which he wishes to go, and the skates run round in a curve.

Hitherto all progress has been made in a forward direction, and as figure skaters progress as much backward as forward, it is necessary to learn to skate backward. In going forward the skater has to repress the instinct which naturally causes him to put either foot in front as in walking. In attempting to skate backward the same trouble arises, and the natural way, learned through walking is almost inevitably attempted by the beginner; but the proper method is to stand with feet moderately close together, and with the toes turned in; then a shove, with say the right foot should be effected, and the body balanced on the left, until the force of the stroke is expended, when the right should be placed alongside of the left, which now becomes the striking foot, and the stroke effected, the glide is made on the right, and so on for the position of the feet at starting. At first the beginner will find some difficulty in skating backward, caused by the fear of leaning sufficiently back on the backward glide, but a little practice with short glides to begin with, will soon give him confidence. He should then take two or three strokes, and endeavor to come round a whole circle on the right



GEORGE W. KIRNER, OF THE BROOKLYN SKATING CLUB
One of America's Greatest Figure Skaters.

leg. Hitherto he has been going with his body square to the line of progress; he must now try to turn sideways by throwing back the left shoulder, turning out his left foot and knee, and keeping the unemployed foot rather behind the right; the knee of the employed foot should then be straightened, and looking over the left shoulder he should complete the circle; and the same practice should be given to the left foot, and then a whole circle on either foot without any intermediate strokes should be tried. Remember, that when changing feet, the swing of the balance foot gives the impetus.

The underlying features of figure skating are the curve and the spin, although what has been termed the flying turn and the toe spin or pirouette, are also to be reckoned with as important elements of the skater's art.

The curve is best known as the edge, owing to the fact that the performer inclines to either side in executing any of its variations, thus cutting into the ice with the sharp edge of the blade. The various edges are described later on and illustrated by Figs. 18, 19, 20 and 21. In executing a spin; that is, a simple one, the flat of the blade is the apex, while in the pirouette, the skater pivots sharply, making use only of the toe point of the skate. In most instances the skates favored for figure work, by experts, are equipped with a sharp steel barb, especially adapted to this purpose.

The flying turn is generally called a jump.

EX-CHAMPION DR. ARTHUR G. KEANE

FIGURES USED IN COMBINATIONS, AND OTHERS

THE SIMPLE SERPENTINE, THE THREE, COUNTER-THREE, ROCKERS, COUNTERS, PIROUETTES, ETC.

In order to add variations of the complete figures to your repertoire you must learn the elementary movements that are used in practically all of the more advanced maneuvers.

THE SERPENTINE.

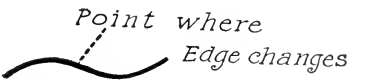


FIG. 1—SIMPLE SERPENTINE

First we will take up the serpentine. The simple serpentine —that on one foot—consists of two curves, one on the outside edge and one on the inside edge. These, of course, may be repeated or continued indefinitely. The direction is not changed.

THE TURN (OR THREE).

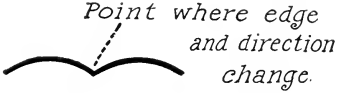
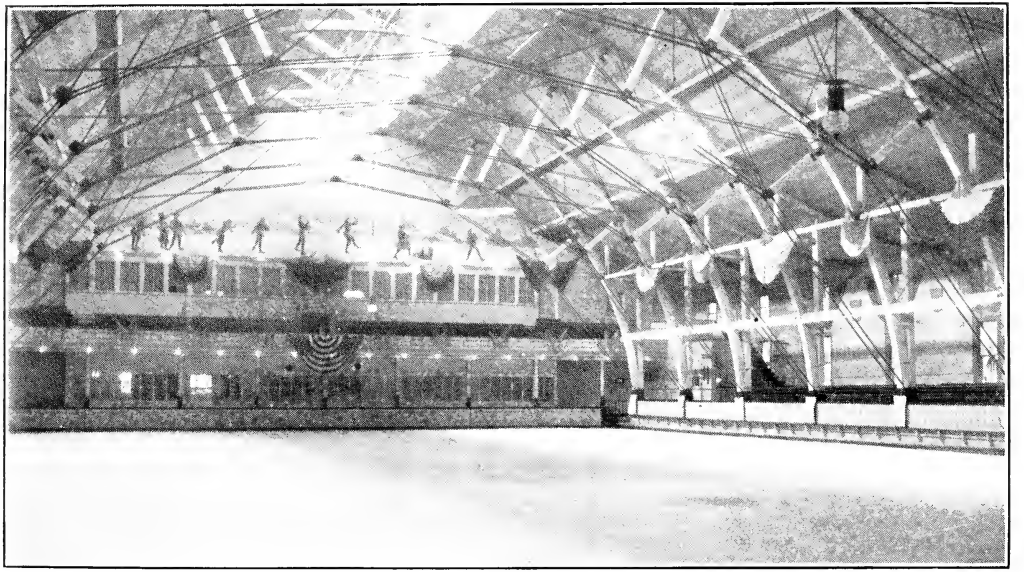


FIG. 2—SINGLE THREE

The simple turn, or single three, consists of a change of edge and direction on a single blade by whirling toward either hand, according to the foot that is employed. Thus you may change from the right outside forward to the right inside backward, or from the left outside forward to the left inside backward, etc.



INTERIOR OF THE CLERMONT RINK, BROOKLYN, HEADQUARTERS OF THE BROOKLYN SKATING CLUB

THE COUNTER THREE.

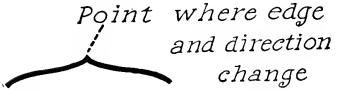


FIG. 3—COUNTER THREE OR BRACKET

The counter three is often termed the bracket. In this the direction and edge are changed. Start say on the right outer edge, forward, slanting to the left somewhat, swerving slightly to the right as you approach a point at which you face the toe of the right skate to the left and turn to the right inner edge, backward. Duplicate in reverse order the curves of your approach to the turning point, forming a bracket. The counter three on the left foot is executed in a similar manner, changing from the left outside forward to the left inner backward.

TWO THREE TURNS, OR THE HALF DOUBLE THREE.

FIG. 4—A HALF DOUBLE THREE

To execute a half double three, circle to the right on the right outside forward. Duplicate the simple figure three in a continuous swerve to the right. Finish with a strong, clean cut semicircle, as shown in the diagram.

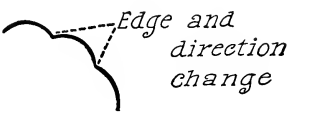


FIG. 5—HALF DOUBLE THREE, WITH CURVES NOT SO DEEP AS IN FIG. 4.

The half-double three is one of the most difficult of execution of any figures of their general description. The natural swing and inclination of the skater in his rotation must be interrupted, or temporarily suspended, in order to cut the prescribed figure.

THE DOUBLE THREE.

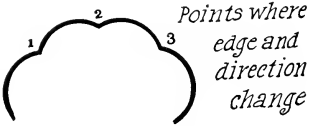


FIG. 6—DOUBLE THREE

The double three, as shown in the diagram, consists of a pair of simple threes cut continuously. Their general trend may form a semi-circle. The last stroke, which completes the figure, should be bold and well defined. Practice will enable you to have considerable impetus at the conclusion of this figure.

THE ROSE (ENGLISH).

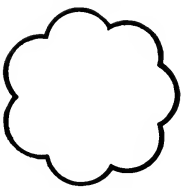


FIG. 7—THE ROSE (ENGLISH).

Multiply your threes or turns, swerving to the right on the right foot, and you will form a "rose." In reality, this figure is a continuation of a double three around to a full circle. Make the turns uniform and distinct. Each forward and each backward stroke should be equal in size.

THE ENGLISH ROCKING TURN, OR "BROKEN-BACKED THREE."

FIG. 8—ENGLISH ROCKING TURN OR "BROKEN BACKED THREE"

The English rocking turn, sometimes called the "broken-backed three," is a difficult maneuver. It leaves on the ice a figure very similar to a shark's tooth. This turn is often used in combination in intricate figures as well as in some of the comparatively simple ones.

The start of the rocking turn is the same as that of the cross cut. Continue on the same edge after coming into the second stroke of the cross cut and you will form the rocking turn.

THE ROCKER, OR AMERICAN ROCKING TURN.

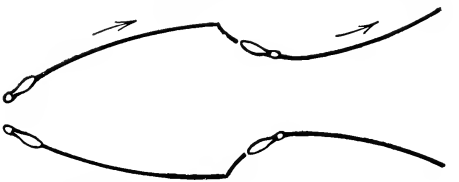


FIG. 9—THE AMERICAN ROCKING TURN, ON THE OUTSIDE FORWARD EDGE

Rocking turns are movements begun and finished entirely on one edge. However, the skater changes from a forward to a backward stroke.

To execute rocking turns, say of outside forward, go ahead, using a stroke similar to that adopted in the roll. Carry the balance foot slightly back, at first, but bring it forward across the employed foot as your direction changes.

At the finish of the figure the balance foot is back and some distance apart from the employed foot.

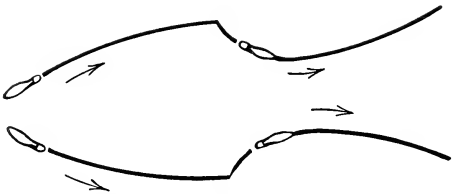


FIG. 10—OUTSIDE BACKWARD ROCKING TURN

In a rocking turn of outside backward, begin on the outside edge backward, and hold the balance foot in front of the employed leg until direction is changed to forward.

At the point where direction changes, carry the balance foot somewhat toward the left. Do not change this position of the balance foot again.

THE LOOP.

FIG. 11—RUNNING LOOPS

In the loop, starting say, on the right outside edge, forward, cut a small oval or loop by swerving sharply to the right, changing front, of course, but not edge nor direction. The loop on the left outside forward edge is cut in exactly the same way, curving to the left. The balance foot is carried across the employed foot from 10 to 14 inches from the ice.

THE RINGLET AND RINGLET TURN.

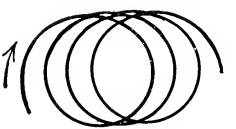


FIG. 12—RINGLETS

The ringlet is very much like the loop, only it is perfectly round. Also, the curve before and after the loop is deep, while in the ringlet it at times is gradual. The ringlet turn is a half circle, say on the right outside forward, to the right, followed by a ringlet, after which you must swing to the right inner edge and duplicate the half circle by a curve to the right. Like the three, the rocker and other moves, there is a counter to the ringlet turn in which the loop is cut to the left, when on the right outer forward edge. The shoulders swing or rotate to the right. Ringlets lap over each other and are about one foot in diameter.

THE PIROUETTES.

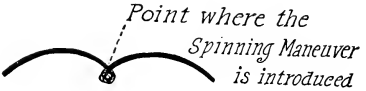


FIG. 13—THE PIROUETTE

FIG. 14—THE PIROUETTE LOOP

Pirouette movements are very numerous. They require an absolute nicety of balance. The simple pirouette is performed by cutting a figure three, making the turn by spinning or rotating on the point of the skate edge, direction and front are shifted. You may make merely a half spin, rotate one and a half times, or even more, before continuing the movement, if you have sufficient impetus. The pirouette can be combined with a loop if so desired. Make a loop and insert the pirouette at the outward swing of the loop, exactly opposite the point where the engaged foot completes the oval. The counter pirouette abolishes the three to a great extent, making the figure more of a serpentine, with the spin in the middle. Shift direction and front. Hold to the same edge throughout.

A forward outside spin is usually commenced on a forward inside, when a change is made to outside, and the unemployed foot is lifted up almost as high as the knee of the unemployed, and swung round it for the purpose of giving rotation. An inside forward spin is usually commenced by a back outside and a turn to forward inside, which places the skater hard on the edge and at the same time imparts rotation. A back inside spin is usually begun by a forward inside, from which turn is made to back outside and the spin completed; the diagram of this figure is the same as the last, but with the foot going forward instead of backward. And the inside spin is usually done commencing with a forward outside and then a turn as in the ordinary three. Some skaters finish off these spins by raising themselves on the toe, and continuing the rotation until they are stopped by the front point of the skate boring a hole in the ice. The two-foot spin is more graceful, as there is no swinging of the unemployed leg. The forward two-foot spin is commenced by a curve of outside, which is changed to inside, and then the left foot being turned in is put down on the inside edge, and the arms being extended at nearly right angles to the body, are thrown round with the body to the left, and at the same moment the feet are pulled together. As soon as the rotation is imparted, the arms are gradually brought down to the sides. Although the knees and body must be slightly bent before the spin is started, they must both be straightened as soon as the rotation begins, and if the balance is maintained correctly a man will rotate possibly fourteen or fifteen times. At the start he will spin so rapidly that his features will be indistinguishable.

A two-foot pirouette or spin backward is usually begun by an approach on the outside edges, turning to back inside when rotation is to begin. At this turn swing your body and arms to the right. If one can execute the forward two-foot spin either to the right or left he will find the backward spins or pirouettes similar to the forward figures. For instance, a forward spin to the right is a back spin to the left, and a forward spin to the left is a back spin to the right.

THE CROSS-CUT.

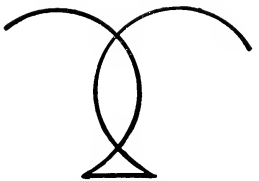


FIG. 15—THE CROSS CUT

Frequently termed the anvil, the cross-cut is not one of the many figures executed with continuous movement. At a given point advance is checked and progress is started in a new direction. There is no change of edge, however. I will describe a cross-cut on the right outside forward edge. Cut a half circle on this edge, swerving to the right. Come to a full stop and aided by swinging of balance foot, go backward on original foot. Stop when you have gone back twice as far as the depth of the semi-circle and go forward, cutting another half circle, bearing to your right. This second half circle should cut into and out of the first circle, forming a perfect oval in a direct line with the middle of the cross-cut—the cut or line connecting the upper ends of the half circles.

In skating the cross-cut the unemployed leg must be kept behind until the base of the figure is completed, and then swung rapidly forward. At first the base of the cross-cut will be very short and straight, but with practice it can be enlarged two or three feet, and then it will have a considerable curve of the true rocker type, and this is the correct form of the figure. Small cross-cuts can be skated alternately with loops, or four cross-cuts can be skated in the form of a Maltese Cross, or they can be inserted in a continuous eight. The cross-cut from the inside edge does not come with the ease that it does from the outside, because the unemployed leg cannot be swung in a way to impart rotation, and in skating inside cross-cuts, the skater comes more obviously to a stop before and after the drawback, and comes forward or backward, as the case

may be, more by kicking out the unemployed leg than by swinging it as in the outside cross-cut.

There is a curious form of cross-cut which is Swedish in origin, but even in Sweden, those who can skate it are very few; the peculiarity of it is, that the base is the opposite way to the base of an ordinary cross-cut. It is accomplished by coming to a standstill, and then getting impulse by kicking out the unemployed leg, it comes easier from the inside than from the outside edge.

The cross-cut is said by several authorities to have had its foundation in the double three, which is just what its name signifies.

THE ROLLS.

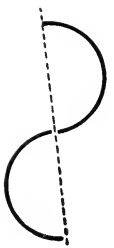


FIG. 16—EIGHT CONSISTING OF FOUR ROLLS, IN DEVELOPMENT

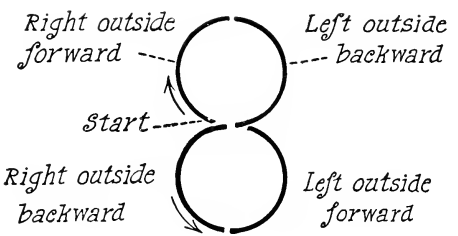


FIG. 17—FIGURE EIGHT CONSISTING OF FOUR ROLLS

Rolls, in themselves, are comparatively simple figures, but they are worked into many combinations, some of them ranking among the most difficult of all skating maneuvers. The rolls are the outer edge, forward and backward, on the right and the inner edge, forward and backward on the right foot, and the same four on the left foot. Rolls are designated according to direction and to the edge used, such as the outside edge roll forward, the inside edge roll, backward, etc.

When an "edge" is carried to its full extent it is a roll. For instance, a complete outside edge forward is an outside edge roll. Among the comparatively simple combinations of rolls are various eights, such as the one shown in Fig. 17. In Fig. 16 this eight is shown in process of development.

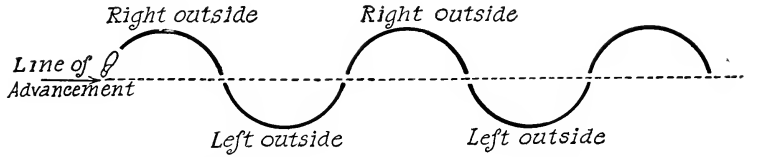


FIG. 18—OUTSIDE EDGE ROLL, FORWARD

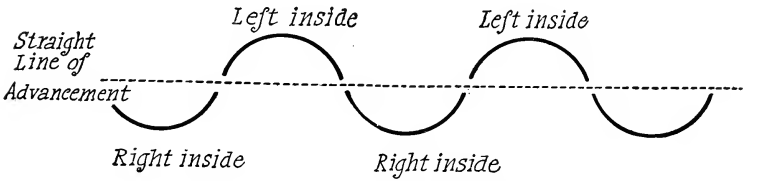


FIG. 19—INSIDE EDGE ROLL, FORWARD

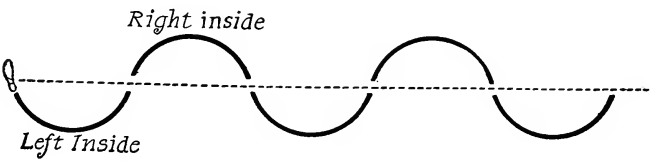


FIG. 20—INSIDE EDGE ROLL, BACKWARD

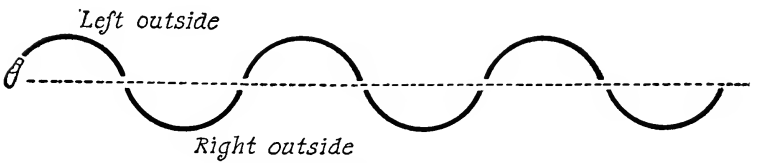


FIG. 21—OUTSIDE EDGE ROLL, BACKWARD

Rolls, in order to be accurate, must be cut along an imaginary line, shown in Figs. 18, 19, 20 and 21 by dots. The general line of advancement is straight and the beginning and end of each curve or roll should come close to the imaginary line. Thus the curves will alternate to either side of it and preserve the uniformity of the figure.

After making sure that he has trained himself well in the rudimentary principles of forward and backward skating, the student of figure tactics should practice the outer and inner edges which have been mentioned previously. After conquering them a long stride forward will have been attained

The best way of acquiring the outside edge is to take a few vigorous strokes, and then bring his feet alongside of each other, and allowing them to glide round, so forming a large circle. If the direction in which the circle is made is to the right, the right foot will be on the outside edge, and the principal support will come from the inside, but it should be the study of the learner to get his weight on the right and gently lift up the left.

At first he will only be able to go a very little way on the right, but he can bring forward the left and place it in front of right on the inside edge, and take up the right; and then when he is steady on the left again he must put down the right, and so on. When he can do this (which is called treading the circle), fairly well to the right, he should reverse the order, and do a similar treading the circle to the left. As he progresses he will find the glide on the outside edge will gradually become longer, and he should not be satisfied until he can finish up each treading the circle with a whole circle of outside, taking care, if on the right leg, to throw the right shoulder back, and if on the left, the left shoulder back. This throwing back of shoulders places the skater in a sideways position, which is the correct one for any edge, and he should now make an outside curve with either foot alternately in the form of an eight.

The manner in which these alternate strokes of outside edge are skated is all important; if they are from the commencement

executed in the proper manner, and in correct attitude the learner is on the right road to become a graceful skater. To attain an easy and graceful movement on the outside edge, it is necessary that each curve should be true from start to finish, the true segment of a circle whether large or small, and this can only be attained by placing the foot which is about to describe a curve, parallel with the foot which has just finished one. At the end of a curve, say on the right, when the left is put down parallel to it in order to become the gliding foot, the right is turned over from outside to inside edge, from which the push-off is made.

There are eight edges in figure skating—the right outside forward, the left outside forward, the right inside forward, the left inside forward, the right outside backward, the left outside backward, the right inside backward and the left inside backward. The next to be considered is the inside edge forward.

THE INSIDE EDGE FORWARD.

As in the outside edge forward, directions for either foot will answer equally well for the other in describing the inside edge forward. In this stroke the impelling force is given by one foot, in back of and at an angle with the other. Glide steadily along on the inside edge, as may readily be gathered from the title.

While executing the inside edge forward hold the body erect, slanting slightly forward. Keep your weight well balanced over the foot in use. Hold the free foot close behind, with the toes pointing outward at an angle, very much of an angle. Also see that the toes of the disengaged foot are turned downward. The hands should swing gracefully at the sides, and may be raised to some extent.

In the inside edges we have the opposite maneuvers to the outside edges. They are not so widely used, nor so easily learned, comparatively speaking. Inner edge tactics duplicate both forward and backward the curves of the outside edge. In skating the edges do not glance at the feet, nor bend awkwardly from the waist; also keep the knees as straight as possible.

THE OUTSIDE EDGE BACKWARD.

To learn the outside edge backward it will probably be best to practice walking backward on the ice, gradually merging into a backward serpentine movement on both feet. Then lean your weight to, say, the right side, turning to the outer edge of the blade of the right skate, and raise the left foot off the surface while in motion. Soon you will be able to circle around to the right on this foot. Carry the unemployed foot (in this instance the left) directly back of the other, toes pointing downward and outward. As you complete the stroke on one foot place the other on the ice behind it and swing the body to the opposite side, in this manner supplying added momentum. Repeat on the foot now engaged the maneuver described in the foregoing sentences.

TURNS.

FIG. 22—A TURN ON TWO FEET

Having mastered the edges it will be well to consider the turns (see also previous descriptions of the various threes), the proper execution of which has much to do in determining the success or failure of the pupil. First learn to turn, or change your direction on two feet. Start on a straightaway course. At a convenient point swing your left shoulder forward and toward your right-hand side (assuming that you are on your right outside and left inside edges), and turn backward to your right inside and left outside edges. Your left foot will naturally be somewhat in advance of your right when this change of direction is made. You can also turn to the other side, changing from the right inside forward and left outside forward, to your right outside backward and left inside backward.

In addition to the swing of your shoulders, your hips and arms may be trained to contribute to your momentum in turning.

Some skaters use this turn in bringing themselves to a stop. After changing from forward to backward they point their skates outward at a sharp angle and press the inside edges into the ice. Others rise on their toes, digging in with the points. The simplest method of stopping is to swing your body and your skates sharply to either the right or the left, facing to right angles of your original course, and to slide along on either the outside edge of your left and the inside edge of your right, or vice versa, as circumstances dictate.

THE EIGHTS.

Figs. 16, 17, 23, 24, 25, 26, 27, 28 and 29.

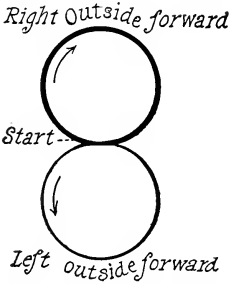


FIG. 23—AN EASY FIGURE EIGHT

One of the first endeavors of the beginner is to "cut a figure eight." Experts have developed a large number of eights, some easy of execution and others requiring ability of the most advanced description. We will go into the subject methodically and consider the various eights in the order of their intricacy.

Probably the best known eight is that in which both feet and two edges are brought into play, and in which occur no turns (technically speaking). One stroke with each foot is required. Proceed as follows:

Push off, say with the right blade, and make a complete circle on the left forward outer edge. At the completion of the circle, continue to the right on the right outside edge (forward, of course), and return in another circle to your starting place. The two circles form a figure eight. Learn to cut each circle perfectly. Absolutely correct balance is necessary. Hold the unemployed foot behind, and pointing downward, with the knee slightly bent. Keep the knee of the employed leg as straight as possible.

When you have become an accomplished figure skater you will be able to cut the foregoing eight on the inside forward edges in the same manner.

THE SERPENTINE EIGHT.

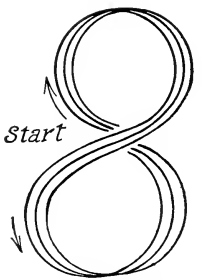


FIG. 24—THE SERPENTINE EIGHT

The serpentine eight is skated somewhat as one would draw a capital letter S. It may, as is the case with practically every eight, be executed on either foot, on any edge, and in either direction. Beginning with the right outside forward edge, for instance, cut a complete circle, and follow into another circle, returning to the point where you completed the first circle. Now change to the left inside forward, and continue on the same course marked by the right.

THE ROCKER EIGHT.

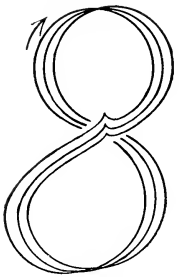


FIG. 25—A ROCKER EIGHT

In what is known as the "rocker eight," a turn, or a "rocker," as indicated in the above diagram, is interpolated in the middle of the figure.

THE COUNTER EIGHT.

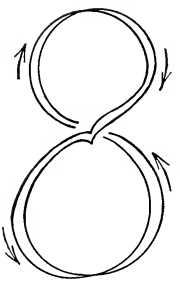


FIG. 26—COUNTER EIGHT

In the counter eight the turn used in the rocker eight is replaced by a counter, or, as frequently termed, a counter rocking turn.

These eights of two lobes differ from the eights executed by Europeans, who, on the contrary, prefer to make them in three lobes, or "three-lobe eights."

THE "ONE-FOOT" AND OTHER CONTINUOUS EIGHTS.

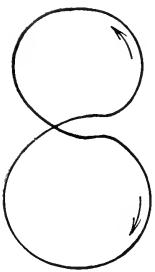


FIG. 27—THE "ONE FOOT" EIGHT

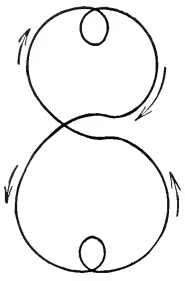


FIG. 28—THE LOOP EIGHT

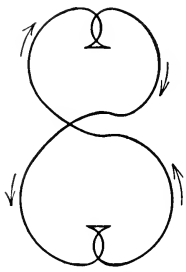


FIG. 29—THE CROSS CUT EIGHT

The one-foot eight is one of the many figures of this general nature that come under the head of continuous eights. Others are the "four edge," "bracket," "loop," "Cross-cut" eights, etc. Rocker and the counter eights can also be classified in this section.

In the one-foot eight there is no change of direction. One-half of the figure is executed on the inside edge, the other on the outside edge. In the continuous rocker and counter eights there is no change of edge, and one of the lobes of figure is made forward, the remaining lobe backward. Impetus is given by a twist of the body and the swing of the balance foot, etc., at the point where the change of front occurs.

Many skaters prefer to change front, or execute the turns in the middle of the eight, but authorities agree that the easiest method is to make them at the point where the line of the circumference of each lobe swings furthest outward. You must have ankles that are absolutely trustworthy in every respect to perform continuous eights with good form. Strength and flexibility must be there. Perfect balance is impossible to do without.

THE FOUR-EDGE EIGHT.

The four-edge eight is one of the continuous eights having four curves. Others there are having six curves, etc. To perform a four-edge eight, start at a given point and cut a half circle on say, the right outside forward, turning with a three at the end of the roll, to the right inside backward and completing, with two curves, the first circle of the eight. Instead of stopping here, however, you should have sufficient impetus to carry you along on the right outside backward edge, making the change of edge on the finishing of the first circle. Cut a half circle, roll, or curve, as you may choose to call it, on the outside backward edge, and change to the right inside forward, with which you complete the figure. You are now ready to change to the right outside forward and repeat the entire series of maneuvers.

THE BRACKET EIGHT.

To execute the bracket eight, another continuous four-curve eight, make the same changes of edge, etc., as in the four-edge figure. In the bracket eight, however, substitute a bracket, or counter-three at the turns in place of the three-turn used in the four-edge eight.

THE LOOP EIGHT.

As may readily be imagined a loop eight is one in which a loop takes the place of the bracket and the three in the four-edge and bracket eights. The loop eight is another continuous four-curve eight. Execute it as follows:

Start with, say, the right forward outside edge and circle to the right. At the extreme outside swing of the circumference make a loop, as shown in the diagram referred to. In this loop you make a change of front and a complete rotation, but you do not change edge or direction. Finish the circle (half of the eight) on the outside forward, as you began. Shift to the right inside forward edge as you merge into the second circle of the figure, inserting a loop as before, and ending the eight on the right inside forward edge.

THE CROSS-CUT EIGHT.

The cross-cut eight is an intricate figure and is more difficult than the four-edge, the bracket or the loop eight. One-half is cut on the outside forward edge and the other on the inside forward, but the insertion of the cross-cut necessitates a change to the outside backward edge in making the short straight line of the cross-cut in the first half, and a change to the inside backward edge in the cross-cut in the half cut on the inside forward edge. Considerable momentum must, of course, be supplied to carry the skater along continuously. Exactly the same changes of edge are made in the counter cross-cut eight. In the double three eight a double three is executed in each lobe of the figure. Four edges are used, the outside forward, inside backward, inside forward and outside backward.

THE MOHAWKS (OR CUT-OFFS).

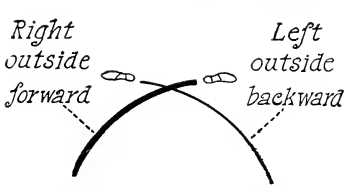


FIG. 30—THE MOHAWK, STARTING WITH RIGHT FOOT

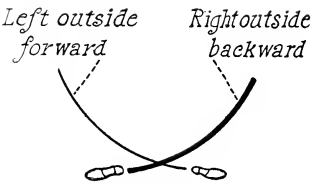


FIG. 31—THE MOHAWK, STARTING WITH LEFT OUTSIDE FORWARD EDGE

Very effective methods of going from forward to backward or backward to forward on an edge of the same character are known as Mohawks. They are performed by spread-eagling the feet, and come with facility to those who are able, naturally, to turn out their feet sufficiently to get into the spread-eagle position (which is that of the feet turned out with the heels together), while they are capable of being acquired by those to whom this is a difficulty, by careful attention to the position of the body at the moment of change.

For the forward Mohawk (outside) the skater proceeds, say on a curve of right outside forward, and when he is about to effect the change to left outside back, he thrusts back his left shoulder and brings forward the left leg in front of the right; then turning the toe out as much as possible, swings it round and behind the right and places it down on the outside back, and at the moment it touches the ice he takes up the right. To effect the change the left shoulder has been thrust back, but the instant the left is put down the right shoulder must be turned back into the proper position suitable to an outside edge backward.

In the inside forward Mohawk you should handle your body as in the foreging movements, and starting with the right inside forward, change to the left inside backward edge.

The backward Mohawks are made from outside backward to outside forward, and from inside backward to inside forward.

THE CROSS MOHAWK.

The cross Mohawk is executed by bringing the unemployed foot to the front of the other, and putting it in action. The stroke is not so graceful nor so widely used as is the forward figure. Starting with the right outside forward edge you would shift to the left outside backward.

THE CHOCTAWS.

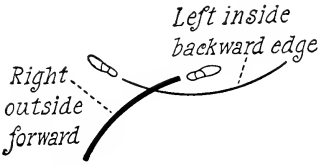


FIG. 32—THE CHOCTAW

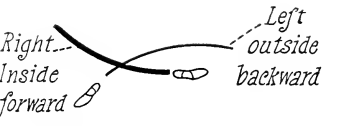


FIG. 33—THE CHOCTAW

The Choctaw maneuvers are somewhat similar to the Mohawks. In all there are five Choctaws, the outside and inside forward, the outside and inside backward and the cross Choctaw.

In the outside forward Choctaw, start on the right foot, holding the unemployed left back, with toes pointing to the rear, spread-eagle fashion. Curve to the right and put down the left foot on the inside backward edge.

In the inside forward Choctaw curve toward the left on the right foot, and curve to the right after changing to the left foot.

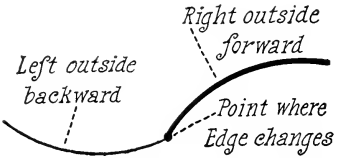


FIG. 34—THE CHOCTAW, BACKWARD, ON BOTH OUTSIDE EDGES

The backward Choctaws, the outside and inside, change to inside forward and outside forward, respectively.

THE CROSS CHOCTAW.

The cross Choctaw, like the cross Mohawk, is formed by carrying the unemployed foot to the front, and involves a change of edge. Starting with the right outside forward, shift to the left inside backward. Of course you must take care to point the toes of the left foot well in toward your body as you put it into action.

THE Q's.

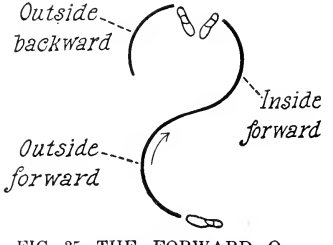


FIG. 35—THE FORWARD Q (OUTSIDE)

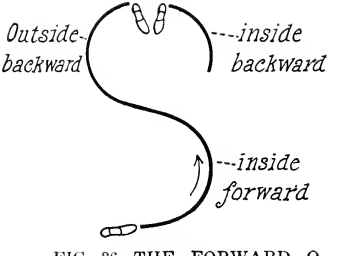


FIG. 36—THE FORWARD Q (INSIDE)

The figures known as Q's are popular among figure experts. In learning to perform them the first thing you will require is the ability to change the edge on either foot. The forward Q is commenced on a curve of outside forward, which is changed to inside forward when a turn outside back completes the figure.

The inside forward Q is commenced on a curve of inside forward, which is changed to outside forward when a turn to inside back (the common three) completes the figure.

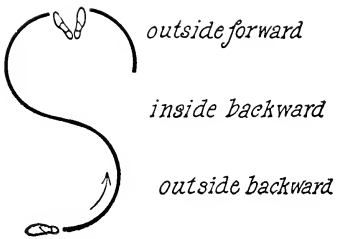


FIG. 37—THE BACKWARD Q

The back Q is commenced on a curve of outside back, which is changed to inside back when a turn to outside forward completes the figure. This turn is difficult enough when executed from the tail of a forward three, but becomes doubly difficult in the back two, as the change of edge preceding the turn is apt to make the skater bend forward, in which position the turn is impossible, and nothing but assiduous practice, keeping the body erect and the head well back, will enable the skater to make this turn in good form.

Q's have come to be known as "three edges" in many sections.

THE SIMPLE GRAPEVINE AND OTHERS.

THE SERPENTINES.

Turns have intimately to do with a majority of skating figures, and we will do well to delve deeper into the subject than we have

thus far in this book. Next in order to the simple turn or three described in the previous paragraphs is the simple grapevine, a showy but not particularly intricate figure after once understood.

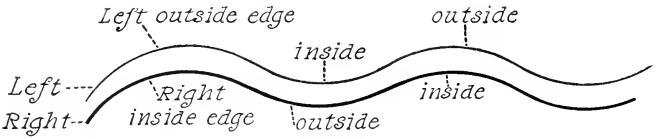


FIG. 38—SIMPLE SERPENTINE ON BOTH FEET

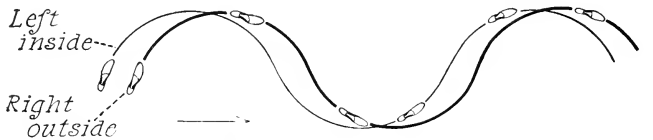


FIG. 39—THE CHAIN SERPENTINE OR CHAIN STEP

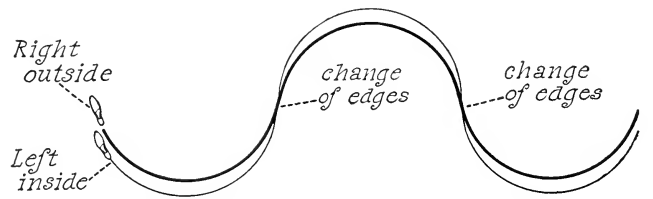


FIG. 40—THE BACKWARD SERPENTINE

A knowledge of the simple serpentine on both feet, the chain serpentine (Fig. 39), and the backward serpentine (Fig. 40), will render the grapevine easier of understanding. The simple serpentine (Fig. 38) consists of going forward with both feet parallel on the ice, the right inside edge and the left outside edge being used at the same time, and then changing to the right outside and the left inside. The two movements are alternated quickly.

The serpentine can also be done on one foot, curving from one edge to the other on either skate without changing direction.

This latter serpentine is the more difficult. The chain serpentine is made with both skates. Pushing with, for instance, the right you progress to the front on the left outside edge, cutting this line back of the left foot, with the right outside edge. The blades curve toward each other, the right crossing in front of the left, and you then change to the left and right inside edges, until the curved lines again meet, putting you back on the outside edges. Now, if you combine with the chain serpentine the turn before mentioned you have the grapevine in its primary form. Any figure skater will tell the pupil that two important elements of the grapevine are a swing of the body and a powerful drawing together of the heels. In addition enters a useful push with the points or toes of the skates, all of which gives the much needed momentum during the cutting of the figure.

FIG. 41—THE SIMPLE GRAPEVINE

The simple grapevine (Fig. 41) in its entirety is performed as follows:

As your feet (going backward) approach each other on the inside edges of the skates (thus cutting an oval figure in the ice) prepare to change to the outer edges after their lines cross, the right foot leading. Change edge and make the next oval, continuing the serpentine curve with the left blade, and cutting a three with the right, afterward changing to the right inside backward. Swing the body strongly, changing to the left inside forward to cut with it another three, coming to the left outside backward. The curve of the right skate continues crossing the line of the left and forming another oval. Then on the right outside (backward) edge you cut another three, changing to right inside forward with the left, which, in the process, turns from the inside backward to the inside forward.

In a previous edition of this book the writer gave a detailed description of the grapevine which, owing to the importance of the figure, both in itself and as a basis for variations and combinations, will now be repeated:

"It has been said that the grapevines are figures which no skater can teach, and the only way the tyro can learn these whirls is by watching and imitating some good skater. However, a careful study of the following hints will benefit the aspiring figurist. The first thing to acquire is the ability of getting up speed by passing one foot in front of the other in opposing serpentine lines, an action known as the chain step, and what should next be done is to cut a serpentine backward. The feet should "track" each other. The grapevine can now be practiced. Make certain that you keep faced in the same direction. Experts suggest that because the skater turns his toes out in changing from forward to backward, and vice versa, when changing from backward to forward, he would be wise to practice for the grapevine by walking sideways on the ice, now with the toes turned in, and again with them turned out. These positions of the feet have principally to do with the first section of the figure."

The grapevine should be practiced with the right foot leading at the start and then with the left foot in front. In the latter case advancement will be made to the right.

THE DOUBLE GRAPEVINE.

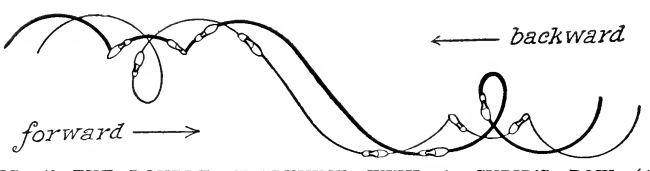


FIG. 42—THE DOUBLE GRAPEVINE WITH A CUPID'S BOW (A VARIATION OF THE GRAPEVINE WITH LOOP

The double grapevine, Figs. 42 and 43, has several variations that result in figures that are very interesting, but at the same time difficult. In the double grapevine (forward) move the

right foot ahead of the left, using a chain step. Then swing the body entirely around, making two turns that result in a complete revolution. In this maneuver turn twice on the right foot. Between the two turns is inserted a loop with the left foot, using the inner edge forward, as shown in Fig. 42. The right foot, in the words of several writers on skating, forms a sort of a pivot for the left during the cutting of the loop. Now, lead with the left skate and glide into what are generally the longest curves of the figure. Bring the right across the line of the left foot (to the rear) and curve gracefully toward the right-hand side on the left outside and right outside forward edges. Then swerve to the left and turn on the left foot to the left, changing to the left inside back edge. Continue and cut another turn with the left, changing to the left outer back edge and simultaneously cutting a loop with the right foot between the points of the turns, using the inner forward edge.

Thus, you will see, the turns with the left foot duplicate, pointing toward the left of the line of advancement, the turns of the right foot at the start. Also the right foot repeats the loop first cut by the left foot.

In the double grapevine the impetus is harder to maintain than is the case in the single figure. The backward grapevine (double), all skaters agree, is far easier than the forward maneuver, as turns can be executed more readily.

THE DOUBLE GRAPEVINE WITH TWO LOOPS.

FIG. 43—THE DOUBLE GRAPEVINE WITH DOUBLE LOOPS

In the double grapevine with two loops start as you did in the vine figure with one loop and turn to the right with the right foot on the outer forward edge, cutting a three and crossing the line of the right, both before and after finishing the three, with the left inside forward edge. This circles toward

the right, as also does the right foot and both cut loops that intersect. The loop with the left foot is cut last, overlapping the loop cut by the right. Examine Fig. 43 closely. The left foot loop is cut with the inside edge. The left foot leads as the loops are completed and with it is a three turn, the concluding line of which is crossed by the line of the right foot, which has curved gracefully toward the right from its initial loop. The right foot now curves to the left into another three, the left foot crossing the right's line to intersect or lap over a loop cut toward the left of the line of the whole figure by the right foot after the completion of its second three, which also points to the left. The left foot continues from its loop into another three, etc., etc. To understand fully the double grapevine with double loops, inspect Fig. 43.

The double grapevine backward is considered to be easier of execution than the forward one. Practice of it will reveal to the student of skating that the turns can be executed with a lesser amount of effort than those of the forward movement, etc.

THE PHILADELPHIA GRAPEVINE (OR TWIST).

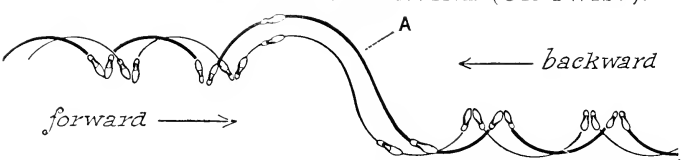


FIG. 44—THE PHILADELPHIA GRAPEVINE. (USUALLY SKATED BACKWARDS)

The Philadelphia grapevine is a variation of the double grapevine. It can be performed either forward or backward. Like the double grapevine, however, it is generally considered to be cut more easily and accurately when the skater goes backward. The chain backward constitutes the opening maneuver of the Philadelphia grapevine, when you desire to cut it backward. Keep the left foot inside of and behind the right. The legs cross. The outer side of both feet will come close to each other, nearly touching, in fact. They should be kept as close

to parallel with each other as possible. Now bring the right skate back to the right to the outside forward edge. Make this movement snappily. Throw the left to a curve of inside forward. The body thus turns a half revolution. The feet separate. Continue the right outside forward and the left inside forward edges toward the right and change to the right inside backward and the left outside backward respectively. The lines of the skates cross. Execute the long curves marked "A" in Fig. 44, changing the right foot to the outside backward edge and duplicate, so that they point in the opposite direction, the four-pointed figures, resembling mountain peaks, that you cut at the outset. The jerk or flip of the foot at these points must be practiced considerably before it can be performed perfectly. This figure is also termed, by some, the Philadelphia twist.

In the jerk or flip of the foot the ankle is twisted sharply and the shoulders are thrown in the desired direction to assist the turn.

The forward Philadelphia grapevine duplicates the backward figure. Start with the forward chain step. Before you began with the backward chain, etc. Study of Fig. 44 will enable you to execute it handily.

Many skaters use the Philadelphia grapevine to connect circles of outside backward edge on either the right or the left skate. Thus a Philadelphia twist connects two circles, forming an eight.

THE PHILADELPHIA SPREAD-EAGLE GRAPEVINE.

FIG. 45—PHILADELPHIA SPREAD-EAGLE GRAPEVINE

By using the turn with the feet held close and inserting a spread-eagle in place of the other turn the figure becomes what is best known as the Philadelphia spread-eagle grapevine. To cut it, start backward just as you would do in the Philadelphia

grapevine. Jerk the right foot back similarly. Make a half-turn or revolution, which motion is ended with your left foot. The left has continued after your right on its inside forward edge. It is now changed to the inside backward edge which, naturally, forms the spread-eagle posture.

Continue the spread-eagle for a distance of several feet. Turn your right foot by forcing the toe around and in, bringing it to its inner backward edge. Quickly cross it with your left. Put the left in place outside and alongside of the right. Now duplicate these maneuvers, revolving in the opposite direction the left.

THE RAIL FENCE.

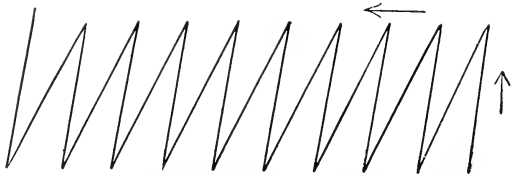


FIG. 46—PICKET FENCE ON ONE FOOT

FIG. 47—THE PICKET FENCE (TWO FEET)

The rail fence is an interesting maneuver. It differs from the figure known as the picket fence in that the lines which form the latter are straight, while in the rail fence they are made up of a series of curves. The picket fence on one foot is shown in Fig. 46, and with two feet in Fig. 47.

The rail fence (Fig. 48) is really a variation of the simple grapevine.

The component figures, however, are executed much closer to each other than in the grapevine. Starting with the left inside forward and the right inside forward, execute the initial strokes of a chain serpentine, coming to the three after the first oval and changing to the right outside backward and from the left

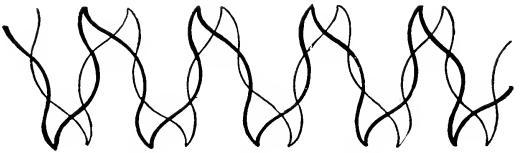


FIG. 48—THE RAIL FENCE

outside forward to the left inside backward, etc., working back to a point on a line with that of your start off, if possible, and then advancing to the limit of your first three. The object is to repeat these figures side by side and continuously, their final appearance, in the minds of some people, resembling a form of rail fence.

SKATING HAND IN HAND

THE BISHOP EIGHT.

The Bishop Eight is a well-known fancy figure that has for a time baffled many fancy skaters in their endeavors to master it. Marvin R. Clark, a former skater of note and an authoritative writer on skating topics, has described it as follows:

"The Bishop Eight (see Fig. 49, which is a copy of a drawing originally made by Mr. Clark), may be skated singly or in combination with other skaters. Entering into the combination are the outside and inside edge rolls, the cross roll and the threes. I will describe it as executed by two persons. Remember that the two skaters do not face each other and that the direction for one is the instruction for the other.

"1. The two skaters join right hands, standing sideways to each other and facing in opposite directions.

"2. Make a small half circle on the right foot, outside edge, forward.

"3. Turn a three, at the same time changing the right for the left hand, and make a half circle backward on the inside edge, right foot, returning to the starting point.

"4. Going backward on the outside edge, left foot, make a curve and a three, turn half way around the circle and change to the inside edge, forward, left foot. Make a curve and turn a three, from backward to forward, and from inside edge, left foot, to outside edge, right foot, coming forward, up to the centre, and joining left hands.

"Put the left foot well over the right, as hands are joined, firmly on the ice, on the outside edge, and execute a cross roll. Repeat the movements already described, completing the other half of the eight. The cross roll should always be put in at the

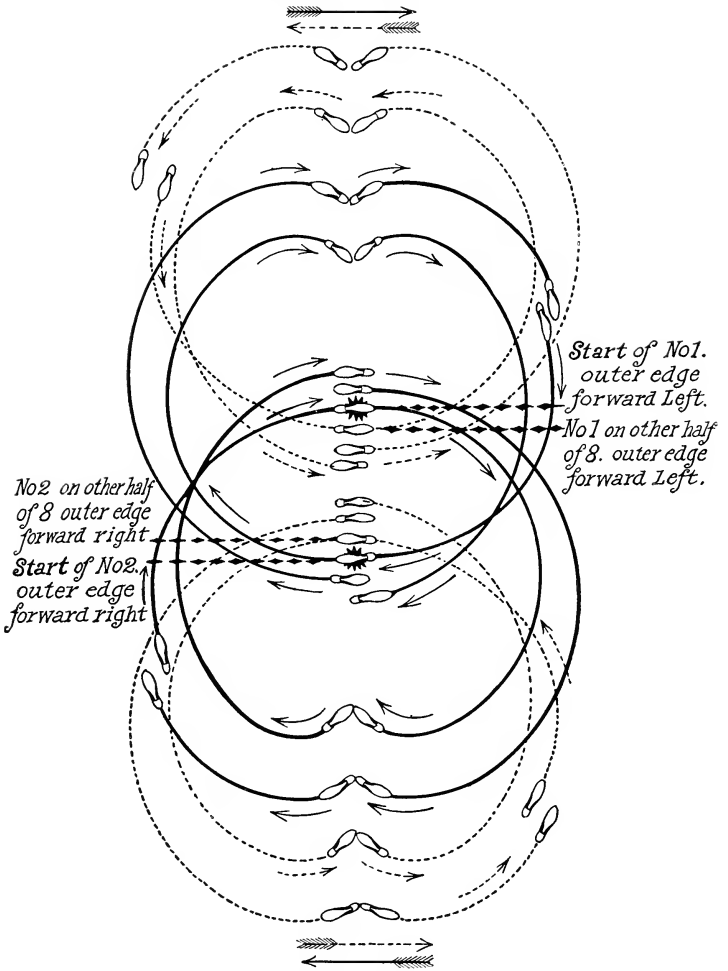
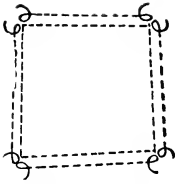


FIG. 49—"BISHOP EIGHT" BY TWO PERSONS. THE DOTTED LINES SHOW COURSE OF EACH SKATER IN SECOND HALF OF EIGHT

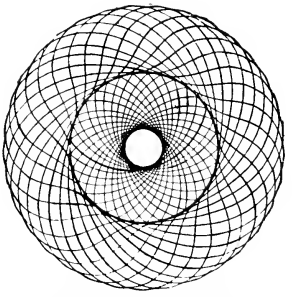
point of meeting, and may be accomplished more easily, because each skater assists the other with his hands."

Mr. Clark has also described the flying scud, another figure for two skaters hand-in-hand. He said:

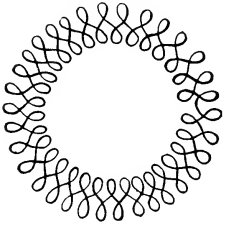
"To do the flying scud two skaters face each other and join both hands. The skater going forward starts with an outside edge roll on the right foot, the one going backward starting with an outside edge roll backward on the left foot. Next, the one going forward executes an outside edge roll forward on the left foot, while the one going backward does an outside edge roll backward, on the right foot. At the completion of the roll the skater going forward crosses the right foot over the left as in a cross roll, making the first half of the three, while the one going backward, at the end of the roll, puts the left foot in, behind the right, and makes the first part of the three backward. The jump is put in at the turn of the three, if desired, and the combination is continued at the pleasure of the participants. This is in what is known as 'in field,' and when done 'in eight' only the right hands are taken and the jump is omitted."



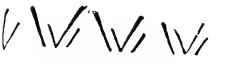
FOUR CORNER ROSE BUD



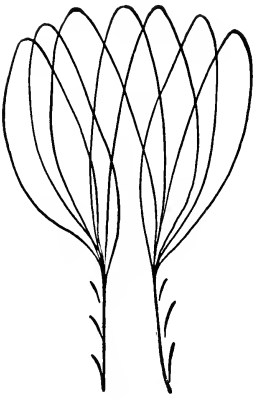
THE BALL OF TWINE



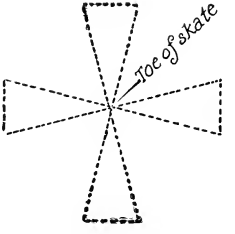
AN INTRICATE GRAPEVINE



A LOCOMOTIVE



TULIP



MALTESE CROSS

THE "LILAC"
(CUT BACKWARDS)

DIFFICULT FANCY FIGURES

RULES, ETC., FOR A FIGURE SKATING CONTEST

In order that those interested may be given an idea of the nature of the tests for competition in a figure skating contest, the following are the conditions covering a recent National Championship meet at St. Nicholas Rink, New York:

"A total failure is marked zero.

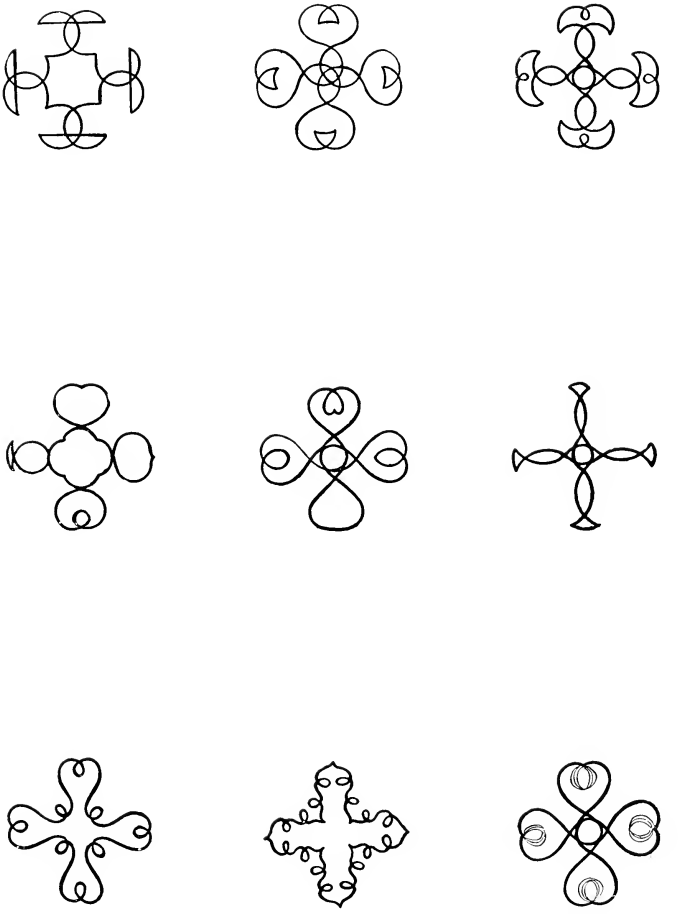
"A fall does not necessarily constitute a failure.

"The number of points to be given to the one standing first in any section of contestants shall be that of the number of competitors. Should there be two or more of equal merit they should be marked the same number; and the one coming next below takes the number resulting from subtracting the number of competitors above him from the number entered.

"At the conclusion of each figure, each judge shall, without consultation with his associate judges, mark the number of points which he awards to each competitor."

The figures through which each contestant must pass in order to qualify are:

"Outside edge roll forward and backward, single and double flat foot spins, cross foot and two foot whirls; inside edge roll forward and backward, figure eight on one foot forward, single and double circles; curved angles—threes, single, double and chain, beginning on inside or outside edge; figure eight on one foot backward, single and double circles; cross roll forward in field and eights, single and double circles; cross roll backward in field and eights, single and double circles, loops and ringlets on inside and outside edges, single and in combination; change of edge roll forward and backward, beginning on either outside or inside edge; curved angles—rocking and counter rocking turns from outside edge to outside edge and inside edge to inside



NINE INTERESTING CROSSES
By J. F. Bacon, in Sandow's Magazine

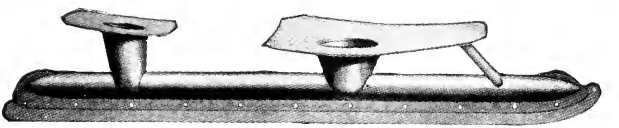
edge, forward and backward; curved angles—cross-cuts or anvils on inside and outside edges; grapevines, toe and heel movements, embracing pivot circling, toe spins (pirouettes) and movements on both toes.

"In case of a tie the judges shall order the competitors so tied to skate five specialties each."

EQUIPMENT FOR SPEED AND FIGURE SKATERS

The equipment for both figure and speed skaters is a matter that should be given careful consideration. The costume, skates, shoes and various other requisites must be of the best material and thoroughly suited to the practical needs of the wearer. In the Spalding Catalogue even the most exacting ice expert can find just what he needs at a moderate cost.

Undoubtedly the best speed skate made is the Spalding Tubular Racing Skate. For years past racing men have been looking for a skate that could be depended upon absolutely. Ordinary solder is not always sufficient to stand the strain at certain points when a man is turning a corner at full speed, and this is one reason why the Spalding Tubular Steel Skate, with every joint brazed



like a bicycle frame—not soldered—jumped into such great popularity immediately upon its introduction. This skate embraces more good points necessary to a first-class racing skate than any other style. The blades are very thin, made of 1-16 inch Norway tool steel hardened; toe and heel plates are made of the best partly hardened steel, left full size so that they can be cut to fit any size shoe. The Spalding Tubular Steel Racing Skate is made in three lengths of blade—14, 15 and 16 inches—and costs $6.00 per pair.

For over thirty years Peck & Snyder's ice skates have stood at the head of skate construction, and the boys of to-day take the same pride in a pair of Peck & Snyder's skates that their fathers did a generation ago. In fact, every club skate in use now is a direct copy from the original Peck & Snyder one.

For the speed skater, the best Peck & Snyder skate only costs $2.50 per pair, and he has a choice of all steel or wood top. Other skates, of the famous Peck & Snyder American Club style, can be bought at prices ranging from 60 cents to $5.00.

Peck & Snyder Hockey Skates are made after models used by the leading players in the United States and Canada. Hockey Skates cost from $1.50 to $5.00 per pair.

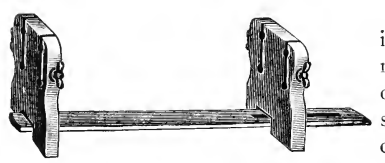
Fancy skaters require what is known as the Peck & Snyder Rink Skate, which is suited to this class of skating. They are made in men's and women's models, and vary in price from $2.00 to $5.00.

The speed skater needs full length tights of wool, so as to absorb perspiration; a sweater, ankle braces, at least two jerseys, to change between races; strong straps, scabbards for the blades of his skates, a holder to be used when sharpening the runners; a bath robe to put on after a race, so as to prevent a chill, and a toque, or close-fitting knitted cap, etc.

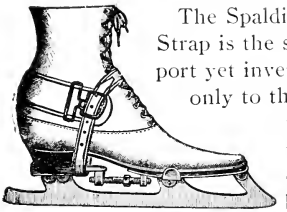
The shoes must be well made and well fitting.

Figure skaters require a sweater, knickerbockers, woolen stockings and ankle braces, unless the ankles are unusually strong. Their shoes must be chosen with the greatest care, owing to the strain to which they are subjected. The blades should be kept in scabbards when not in use.

Where racing skates are to be used in rinks indoors, it is generally made a rule that an extra attachment shall be worn to cover the unprotected point of the skate. This is made of soft steel, with screw to attach to blade, and is long enough to permit adjustment to various sizes of skates. The price is 25 cents per pair.



A very useful implement is a holder for sharpening racing skates. With the aid of this arrangement racing skates can be kept in perfect condition with an oilstone. The holder will fit either 14, 15 or 16-inch skates of tubular construction, and is extremely simple to manipulate. They cost $1.00 each.



Patented July 1, 1902

The Spalding Patent Ankle Support and Skate Strap is the simplest and most effective ankle support yet invented. It will be found of value not only to those with weak ankles, but among the more hardy skaters should prove popular on account of the fact that it combines a skate strap with ankle brace.

Ladies, with the aid of the Spalding Patent Ankle Support and Skate Strap, may use any of the full clamp American Club skates as readily as the half clamp skate with heel strap. A pair costs 25 cents.

The ankle brace attachment, which is very popular, is made of steel, handsomely nickel-plated, with a rib running up through the centre, which strengthens the brace and makes it light, strong and durable. These cost 75 cents a pair.

USED BY THE SPEEDIEST SKATERS, $5.00

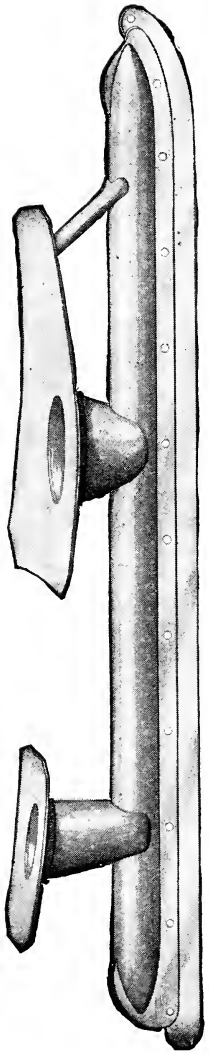
A GOOD $3.00 SHOE

Spalding's Skating Shoes are designed exclusively for skating, and are made with great care and of the best materials. The prices range from $3.00 to $5.00 per pair.

For the benefit of those who wish to know the comparative sizes of shoes and skates the table on following page will prove of interest.

THE FOLLOWING WILL SHOW THE RELATIVE SIZES OF SHOES AND SKATES.

SIZE OF SHOES, NO.	LENGTH OF SKATE, IN.
11, 11 1-2.	8
12, 12 1-2, 13.	8 1-2
1, 1 1-2, 2.	9
2 1-2, 3.	9 1-2
3 1-2, 4, 4 1-2.	10
5, 5 1-2, 6.	10 1-2
6 1-2, 7, 7 1-2, 8.	11
8 1-2, 9, 9 1-2.	11 1-2
10, 10 1-2, 11.	12



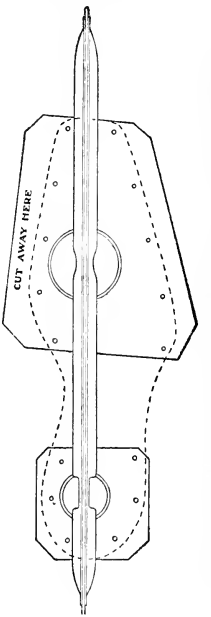
The Spalding Tubular Steel Racing Skate

FOR years past racing men have been looking for a skate that could be depended upon absolutely. Ordinary solder is not always sufficient to stand the strain at certain points when a man is turning a corner at full speed, and this is one reason why the Spalding Tubular Steel Skate, with every joint brazed like a bicycle frame—not soldered, jumped into such great popularity immediately upon its introduction late last season. We claim that this skate embraces more good points necessary to a first-class racing skate than any other style on the market to-day. We have the opinions and practical experience of some of the most prominent racing men in this country to go by, notably Mr. Sam See, who passed on most of the details of construction, and every pair is backed up with a positive guarantee of quality. If it gives way through any fault of its construction, we will gladly replace with a new pair or refund the money.

Some Good Points about the Spalding Tubular Steel Racing Skate

Absolutely guaranteed; very light weight, all tubular steel construction; every joint brazed, not soldered, making it the strongest racing skate manufactured; blades very thin, made of 1-16 in. Norway tool steel, hardened; toe and heel plates made of the best partly hardened steel, left full size so that they can be cut to fit any size shoe. In three lengths of blade, 14, 15 and 16 inches.

Pair, $6.00



Showing method of cutting to fit sole of shoe. Full directions for attaching with either lacing or rivets, enclosed with each pair of skates.

A. G. SPALDING & BROS.

New York	Chicago	St. Louis	Washington
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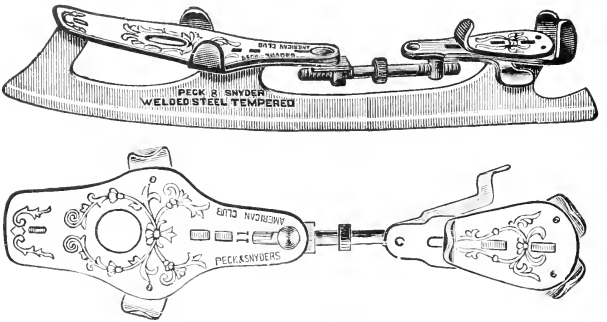
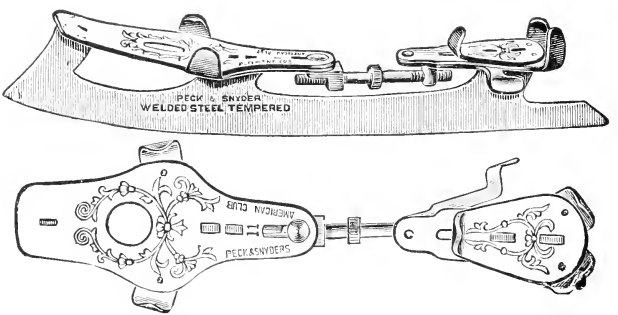
Buffalo	Philadelphia	Denver	Pittsburg
San Francisco	Montreal, Can.		London, England

Peck & Snyder's "American Club" Skates



No. **5.** Heel and toe plates of highest quality cold rolled steel, with bevel edges. Ribbed runners of best welded tool steel, tempered. Toe and heel plates handsomely engraved. The whole skate highly polished, nickel-plated and buffed. Each pair in paper box. Sizes 8 to 12 inches. . Per pair, **$5.00**



No. **2.** Heel and toe plates of best quality cold rolled steel. Finest grade welded tool steel runners, tempered, and edges beveled. Engraved toe and heel plates. Entire skate nickel-plated. Each pair in paper box. Sizes 8 to 12 in. Pair, **$3.50**

A. G. SPALDING & BROS.

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Syracuse

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Baltimore
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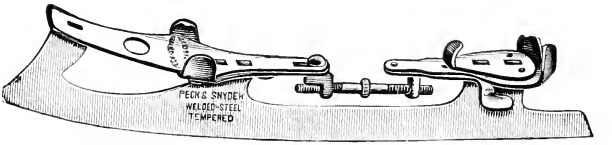
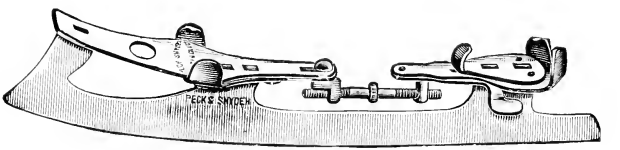
Washington
San Francisco
Montreal, Can.
London, England

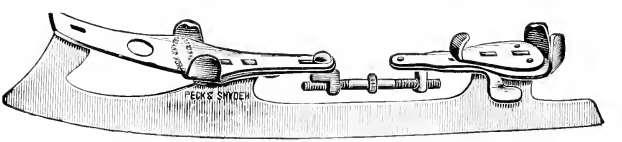
Peck & Snyder's "American Club" Skates



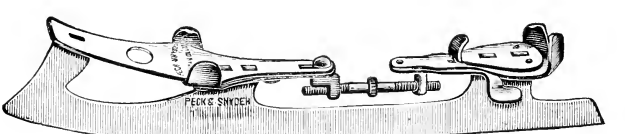
No. **4-0.** Welded tool steel runners, hardened and tempered, nickel-plated throughout. Each pair in paper box. Sizes 8 to 12 inches. . . . . Per pair, **$2.50**



No. **1.** The runners of best cast steel, hardened, nickel-plated throughout. Each pair in paper box. Sizes 8 to 12 inches. . . . . Per pair, **$1.50**



No. **00.** Runners of best cold rolled steel. Entire skate full nickel-plated. Each pair in paper box. Sizes 8 to 12 inches. . . . . Per pair, **$1.00**



No. **0.** Runners of best cold rolled steel. Entire skate bright finish. Each pair paper wrapped. Sizes 8 to 12 in. Pair, **60c.**

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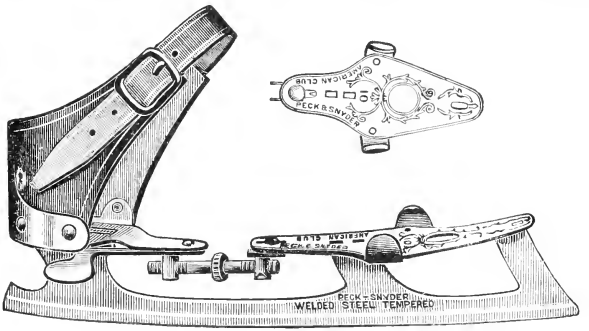
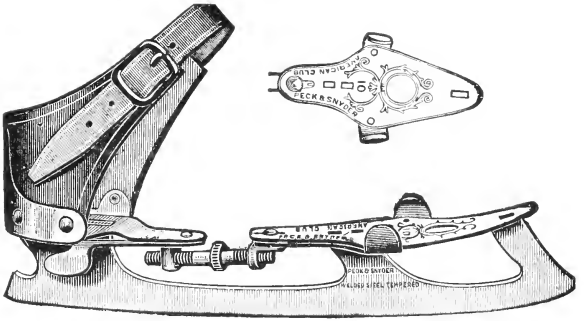
Peck & Snyder's "American Club" Skates



No. 5L

No. **5L.** Highest quality welded and tempered steel ribbed runners. The entire skate highly polished, nickel-plated and neatly engraved. Green straps and extra fine finish throughout. Each pair in paper box. Sizes 8 to 11 inches. Pair, **$5.00**



No. 2L

No. **2L.** Best welded steel runners, tempered and beveled edges. Other parts of highest quality cold rolled steel. All parts nickel-plated. New style foot plate, neatly engraved. Maroon straps. Each pair in paper box. Sizes 8 to 11 inches. . . . . Per pair, **$4.00**

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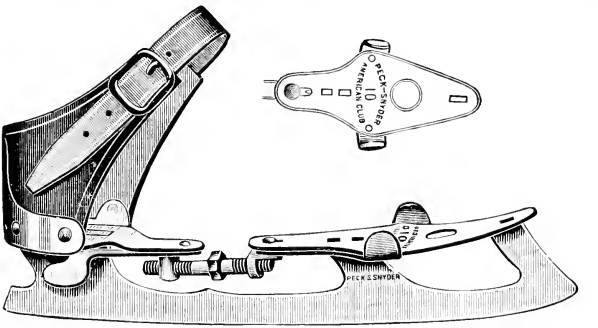
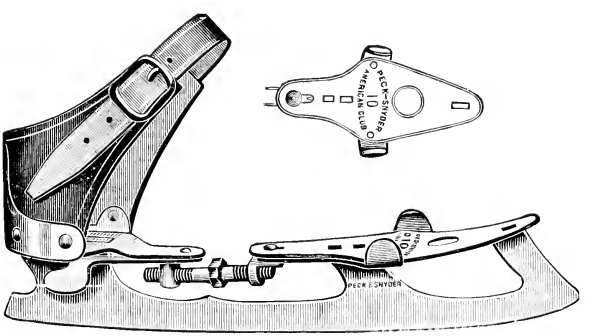
Kansas City	Syracuse	Pittsburg	London, England

Peck & Snyder's "American Club" Skates



No. 4-OL

No. **4-OL.** Welded steel runners, tempered, nickel-plated throughout. russet straps. Each pair in paper box. Sizes 8 to 11 inches . . . . . Per pair, **$3.00**



No. OL

Best rolled steel runners. Other parts of cold rolled steel. Russet straps. Sizes 8 to 11 inches.

No. **OOL.** Nickel-plated. In paper box. . Per pair, **$1.60**
No. **OL.** Bright finish. Paper wrapped. . " **1.25**

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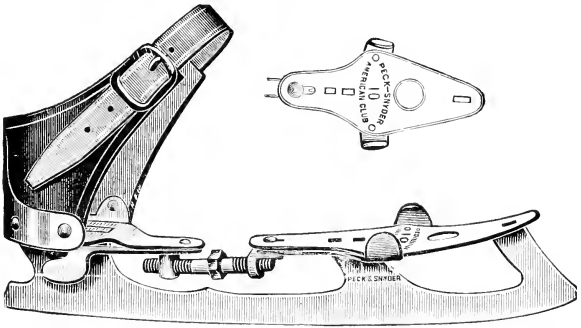
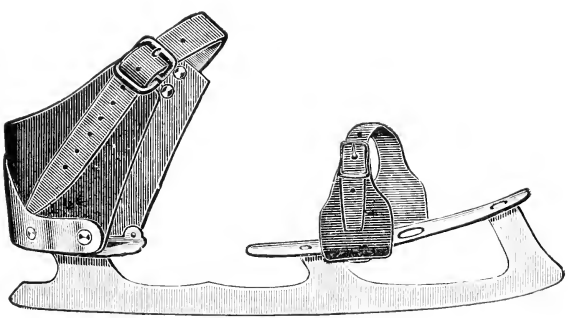
Peck & Snyder's "American Club" Skates



No. 1L

No. **1L.** Best cast steel runners, hardened. All parts nickel-plated. Russet leather straps. Each pair in paper box. Sizes 8 to 11 inches. . . . . Per pair, **$2.25**



No. 19

No. **19.** Made with bright finished cold rolled steel foot plates, polished rolled cast steel runners, russet leather straps. Each pair paper wrapped. Sizes 8 to 11 inches. . Per pair, **90c.**

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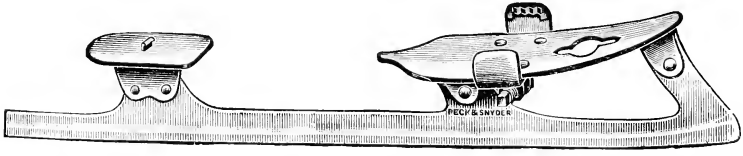
Peck & Snyder's
"Championship" Hockey Skate

No. A1

No. **A1.** The same model as used by the leading hockey players in Canada and the United States. The blades are of the finest quality three-ply razor steel, hand forged and highly tempered. Extra heavy electro-nickel-plated and highly polished throughout. Each pair in box containing a piece of Selvyt polishing cloth for keeping the skates in perfect condition. Made in sizes 9 to 11 1-2 inches. . . . . Per pair, **$5.00**

No. **A1-L.** Ladies'. Like above, but small heel plate and narrow toe plate. Sizes 9 to 11 1-2 inches. . Per pair, **$5.00**

Peck & Snyder's Hockey Skate—Button Heel



No. 6H

Half clamp fastenings, button heels, highly tempered and hardened three-ply welded steel runners. Each pair in paper box.

No. **6H.** Nickeled and buffed, ribbed runners. Sizes 10 to 12 inches. . . . . Per pair, **$4.00**

No. **6HL.** Ladies'. Nickeled and buffed, ribbed runners, small heel plate and narrow toe plate, button heel. Sizes 8 to 10 1-2 inches. . . . . Per pair, **$4.00**

No. **26H.** Nickel-plated throughout, plain runners. Sizes 10 to 11 1-2 inches. . . . . Per pair, **$3.00**

A. G. SPALDING & BROS.

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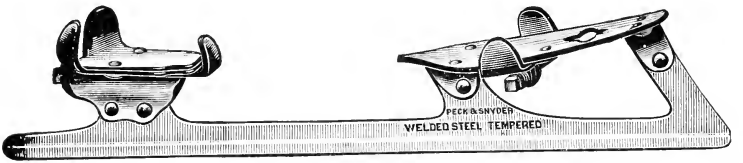
Peck & Snyder's Hockey Skate—Full Clamp



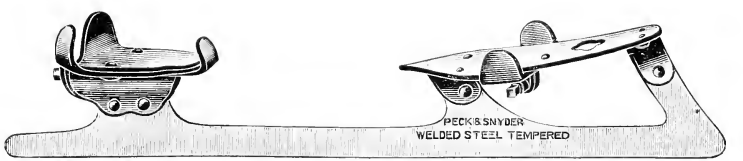
The full clamp fastenings for hockey skates introduced by us some seasons ago has proven by its great popularity to be the style most adapted to the uses of players who do not find it convenient to keep a separate pair of shoes particularly for their hockey skates.

The grades listed below are all made in this style.

No. **9H.** Full clamp fastening. Extra heavy nickel-plated and specially polished throughout. Blades of absolutely best quality three-ply welded steel, highly tempered, with ribbed flange at bottom. Made in both men's and women's models. Each pair in box, neatly wrapped. Sizes 9 to 12 inches. Per pair, **$5.00**

No. **9HL.** Ladies'. Like above, but small heel plate and narrow toe plate. Sizes 9 to 11 inches. . . . Per pair, **$5.00**

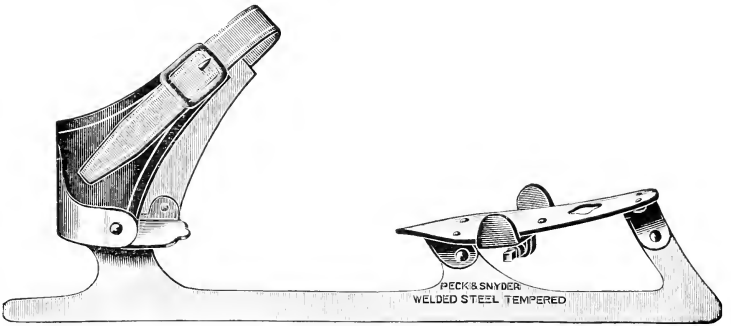
No. **7H.** Nickel-plated throughout, not polished; ribbed runners. Sizes 9 to 12 inches. . . . . Per pair, **$4.00**



No. **CH.** Full clamp fastenings. Highly tempered and hardened three-ply welded steel runners. Each pair in paper box. Sizes 9 to 12 inches. . . . . Per pair, **$3.00**

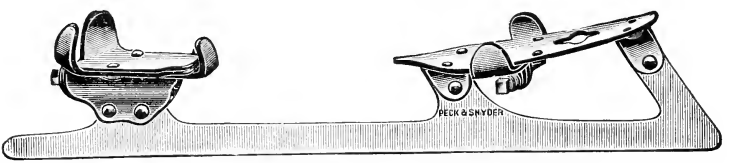
No. **CHL.** Ladies'. Like above, but small heel plate and narrow toe plate. Sizes 8 to 11 inches. . . . Per pair, **$3.00**

Peck & Snyder's
"Special Ladies'" Hockey Skate



No. **CHLS.** Peck & Snyder's "Special Ladies'" Hockey Skate. Made with key clamp fastening in front and best quality leather heel strap. Flat runners of highly tempered and hardened three-ply welded steel. Each pair in paper box. Sizes 8 to 10 1-2 inches. . . . . Per pair, **$3.00**

Peck & Snyder's Hockey Skates—Full Clamp



No. **DH.** Full clamp fastenings. Runners of best cast steel, hardened. Entire skate full nickel-plated and buffed. Each pair paper wrapped. Sizes 9 to 12 inches. . Per pair, **$2.00**

No. **EH.** Full clamp fastenings. Flat runners of best cold rolled steel. Entire skate full nickel-plated. Each pair in paper box. Sizes 9 to 12 inches. . . . . Per pair, **$1.50**

No. **EHL.** Ladies'. Like above, but with small heel plate and narrow toe plate. Sizes 8 to 10 1-2 inches. . Per pair, **$1.50**

A. G. SPALDING & BROS.

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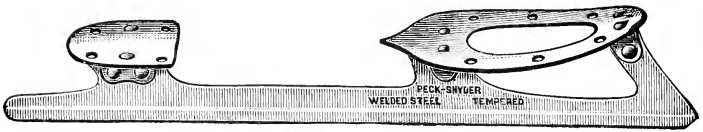
Kansas City	Syracuse	Pittsburg	London, England

Peck & Snyder's
Hockey Skate—Canadian Pattern



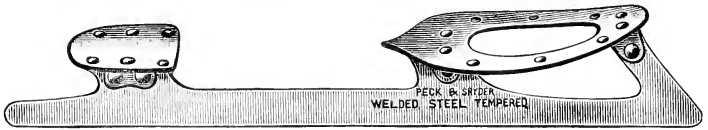
No. 5H

Canadian hockey pattern. Finest quality three ply welded steel runners. Carefully hardened and tempered. Each pair in paper box.

No. **5H.** Nickeled and buffed, ribbed runners. Sizes 9 to 11 1-2 inches. . . . . Per pair, **$3.50**

No. **5HL.** Ladies'. Nickeled and buffed, ribbed runners, small heel plate and narrow toe plate. Sizes 8 to 10 1-2 in. Pair, **$3.50**

Peck & Snyder's
Hockey Skate—Canadian Pattern



No. 4H

No. **4H.** Canadian hockey pattern. Plain runners of welded and tempered steel; nickel-plated and buffed throughout. Each pair in paper box. Sizes 9 to 11 1-2 inches. Per pair, **$2.50**

No. **3H.** Canadian hockey pattern. Runners of best cold rolled steel. Entire skate full nickel-plated. Each pair in paper box. Sizes 9 to 11 1-2 inches. . . . . Per pair, **$1.00**

No. **2H.** Canadian hockey pattern. Runners of cold rolled steel. Entire skate bright finish. Each pair in paper box. Sizes 8 to 11 1-2 inches. . . . . Per pair, **75c.**

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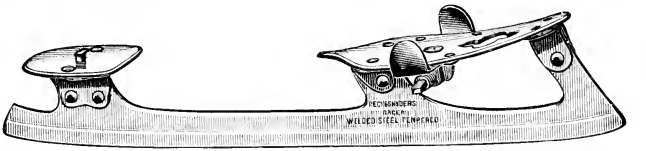
Peck & Snyder's
Rink Skate for Fancy Skating—Button Heel

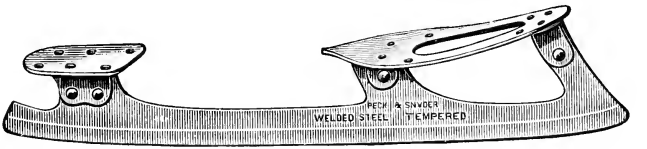


The runners of these skates are absolutely the hardest made and have curved bottoms, as adopted by the leading skating clubs of this country.

No. **17.** Highly polished, nickel-plated and buffed; heel buttons; finest three-ply welded steel ribbed runners, extremely well tempered and concaved. Specially designed for fancy skating. Sizes 9 to 12 inches. . . . . Per pair, **$5.00**

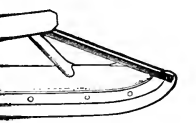
No. **17L.** Ladies'. Same as above, but with small heel plate and narrow toe plate. Sizes 8 to 11 1-2 inches. Per pair, **$5.00**

Peck & Snyder's Rink Skate
For Fancy Skating—Canadian Pattern



No. **18.** Foot plates same as on our Canadian pattern hockey skates; highly polished, nickel-plated and buffed throughout. Finest three-ply welded steel ribbed runners, well tempered and concaved. Specially designed for fancy skating. Sizes 9 to 12 inches. . . . . Per pair, **$5.00**

Toe Attachment for Rink Racing



Where racing skates are to be used in rinks indoors it is generally made a rule that an extra attachment shall be worn to cover the unprotected point of the skate. This is made of soft steel, with screw to attach to blade, and is long enough to permit adjustment to various sizes of skates. . . . . Per pair, **25c.**

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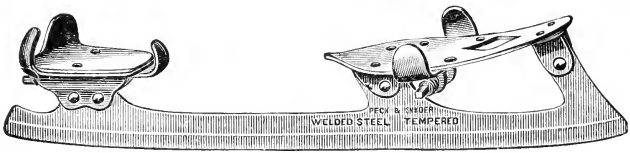
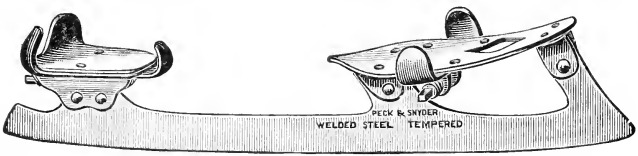
Peck & Snyder's
Rink Skate for Fancy Skating—Full Clamp



No. 16

No. **16.** Full clamp fastenings; highly tempered and concaved, three-ply welded steel ribbed runners. All parts heavily nickel-plated and highly polished. Specially designed for fancy skating. Sizes 9 to 12 inches. . . . . Per pair, **$5.00**

No. **16L.** Ladies'. Same as above, but with small heel plate and narrow toe plate. Sizes 8 to 10 1-2 inches. Per pair, **$5.00**



No. 15

No. **15.** Nickel-plated and buffed throughout, full clamp fastenings, runners of welded steel, hardened and tempered beveled edges. Sizes 9 to 12 inches. . . . Per pair, **$4.00**

No. **15L.** Ladies'. Same as above, but with small heel plate and narrow toe plate. Sizes 8 to 10 1-2 inches. Per pair, **$4.00**

No. **14.** Nickel-plated, full clamp fastenings, runners of cast steel, hardened beveled edges. Sizes 9 to 12 inches. Per pair, **$2.00**

No. **14L.** Ladies'. Same as above, but with small heel plate and narrow toe plate. Sizes 8 to 11 inches. . Per pair, **$2.00**

Scabbards for Blades of Racing Skates

We had quite a call last season for leather scabbards to protect blades of racing skates. Made in three sizes to fit 14, 15 and 16-inch blades. Mention size when ordering.

Per pair, **75c.**

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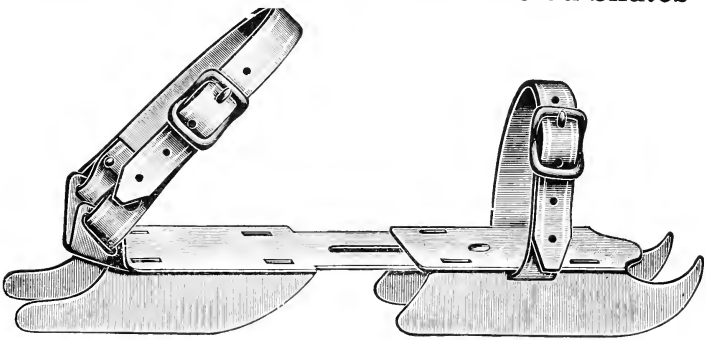
Peck & Snyder's Wood Top Hockey Skate

No. **3R.** Varnished beechwood top. Runners of cast steel, 1-4 inch thick, straight on bottom. Lengths of wood top 10, 11 and 12 inches. Complete with straps. . . Per pair, **$1.50**

Peck & Snyder's Double Runner Sled Skates



No. **DR.** By using these skates it is possible to take a child on the ice without fear of injury. The runners are so wide apart that any child can stand on them easily. They are adjustable from 6 to 9 1-2 inches and furnished with straps complete. Each pair in paper box. . . . . Per pair, **50c.**

Holder for Sharpening Racing Skates

With the aid of this arrangement racing skates can be kept in perfect condition with an oil stone. The holder will fit either 14, 15 or 16-inch skates of tubular construction and is extremely simple to manipulate.

Each, **$1.00**

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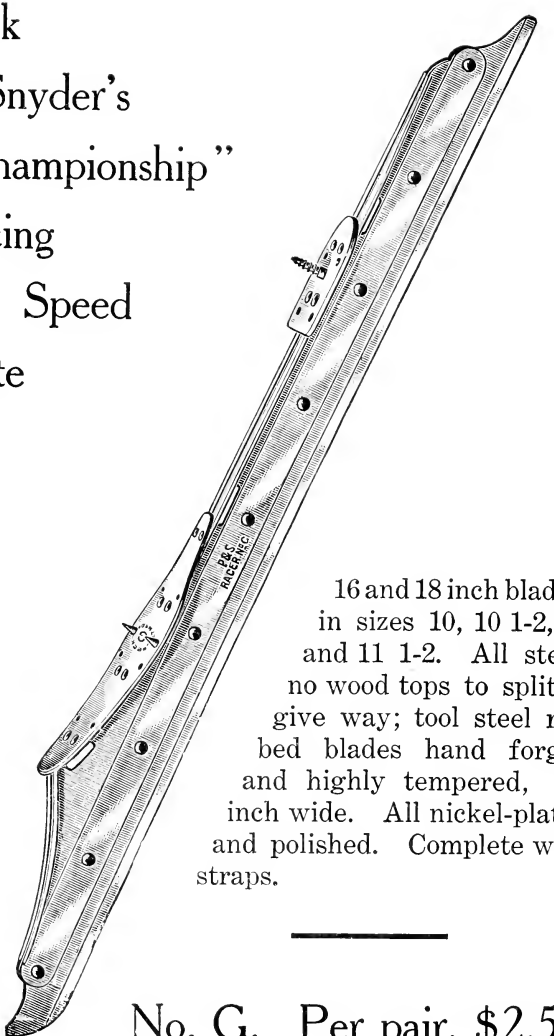
Peck & Snyder's "Championship" Racing and Speed Skate



16 and 18 inch blades, in sizes 10, 10 1-2, 11 and 11 1-2. All steel; no wood tops to split or give way; tool steel ribbed blades hand forged and highly tempered, 1-8 inch wide. All nickel-plated and polished. Complete with straps.

No. G. Per pair, $2.50

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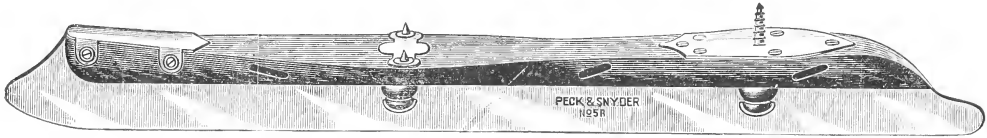
Peck & Snyder's Wood Top Speed Skate



No. 5R. The speediest wood top racer. Beechwood top, rosewood finish, with nickel-plated heel, centre and toe plates. Runners of welded steel, highly tempered and hardened, 1-8 inch thick, nickel-plated. Sizes 14, 16 and 18 inch runners. Complete with straps. . . . . Per pair, **$4.00**

No. 4R. Nicely varnished beechwood top, with nickel-plated heel, centre and toe plates. Runners of best cast steel, hardened, 1-8 inch thick; bright finish. Sizes 14, 16 and 18 inch runners. . . . Per pair, **$2.50**

A. G. SPALDING & BROS.

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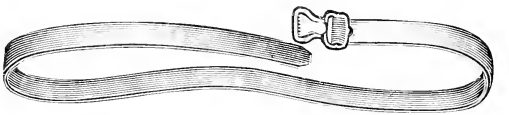
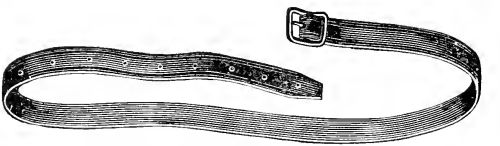
SPRING CATCH SKATE STRAP



Requires no holes in strap, and is quickly and permanently fastened at any point, and as quickly released.

No. 20. Russet or Black, 20-inch. Per pair, 20c.
No. 28. Russet or Black, 28-inch. " 25c.

SKATE STRAPS



No. 11. Plain buckle, Russet or Black, 20,inch. Pair, 10c.
No. 13. Plain buckle, Russet or Black, 28-inch. " 15c.

SKATE BAGS

No. 1. Double Pocket, cloth. . . . Each, 25c.
No. 2. Double Pocket, felt. . . . . " 35c.
No. 4. Felt, with draw strings. Made with division in centre so that skates will not rub. . . Each, 50c.

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"Special" Skating Shoe

Material is a fine quality calfskin, made similar to our No. 337 Special Racing Shoe, but slightly heavier. Straps at ankle and instep give needed support, and altogether this is really an ideal skating shoe.

No. 336. Pair, $5.00

Spalding's Skating Shoe

We have been supplying these shoes to skaters for some seasons past with general satisfaction. Material is of fine quality calfskin, machine sewed, with supporting straps at ankle and instep.

No. 335. Pair, $4.00

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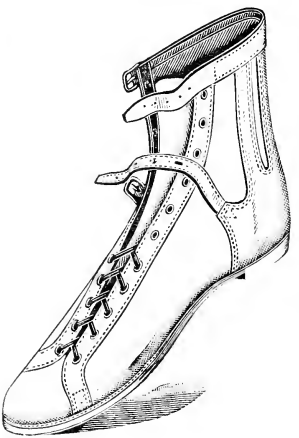
Ladies' Skating Shoes

No. 350



No. 360

No. 350. Ladies' Skating Shoes. These will be found absolutely first-class in material, workmanship and design. They are made of finest quality calfskin on special lasts, are trim and neat in appearance and will give excellent satisfaction. Equipped with straps at instep and ankle. Per pair, $4.50

No. 360. Ladies' Skating Shoes, with Ankle Brace. Same as above, but equipped with Spalding Steel Ankle Brace. This is inserted in shoe so as not to interfere in the slightest with free movements, but to give ample support to ankles. . . . . Per pair, $5.00

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Skater's Special Racing Shoe

Designed for fast work and used exclusively by the speediest skaters. Finest quality throughout; extremely light in weight and well made.

No. 337

Per pair, $5.00

Skating Shoe

Made of good quality calfskin, machine sewed. A substantial shoe.

No. 332

Per pair, $3.00

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Spalding's Championship Hockey Sticks

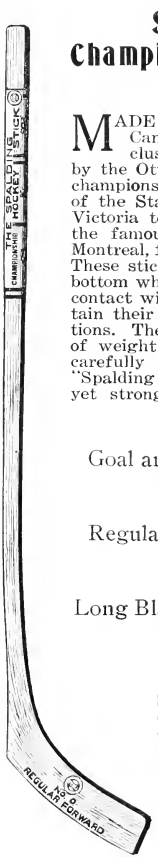
MADE of the finest selected Canadian rock elm, and exclusively used and endorsed by the Ottawa team, of Ottawa, champions of the world and holders of the Stanley Cup, and by the Victoria team, of Winnipeg and the famous Shamrock team, of Montreal, former champions.
These sticks will not fray at the bottom where the sticks come in contact with the ice, and will retain their shape under all conditions. The very important matter of weight and balance has been carefully considered, and the "Spalding Stick" is much lighter, yet stronger than any on the market.

No. O.
Goal and Defense Model
Each, 60c.

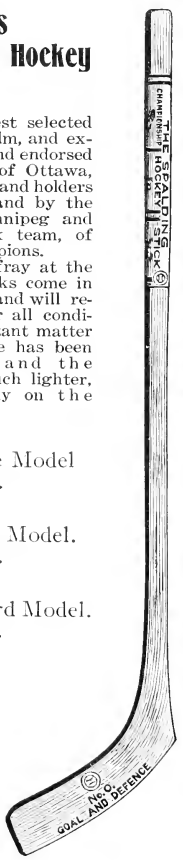
No. O.
Regular Forward Model.
Each, 50c.

No. O.
Long Blade Forward Model.
Each, 50c.

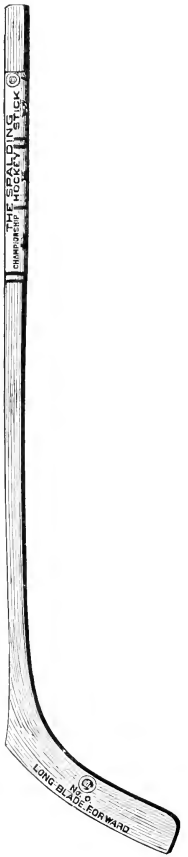
Send for catalogue of all athletic sports, Mailed free to any address.



Regular Forward



Goal and Defense



Long Blade Forward

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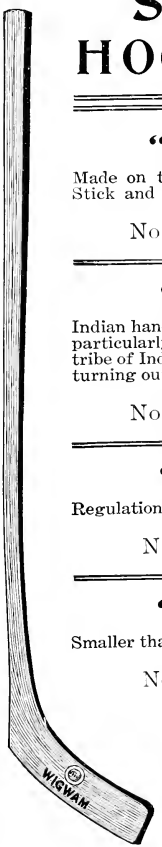
SPALDING'S HOCKEY STICKS



"Regulation" Hockey Stick

Made on the lines of our best grade Regular Forward Stick and of selected and well seasoned timber. Very popular as an all around stick

No. 1. "Regulation." Each, 50c.

"Wigwam" Hockey Stick

Indian hand made stick. Made of yellow birch and noted particularly for rigidity and lightness. The product of a tribe of Indians in Canada, who, for years past have been turning out sticks that have become famous there. Made only in regular model.

No. W. "Wigwam." Each, 50c.

"Practice" Hockey Stick

Regulation size and made of good quality timber. A very serviceable stick.

No. 2. "Practice." Each, 25c.

"Youths'" Hockey Stick

Smaller than Regulation and painted red. A very strong and serviceable stick for boys.

No. 3. "Youths'." Each, 25c.

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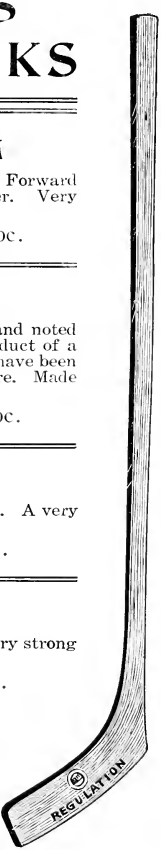

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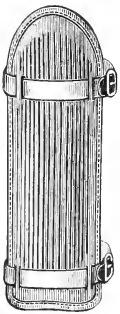
Hockey Shin Guards



No. 30

No. 30. Made of heavy sole leather, corrugated and molded to shape, but flexible so that they will conform to any size leg, The new method of attaching the light but strong straps permits the guards to be bound tightly to leg and prevents them from getting loose or shifting. A very light guard, but gives absolute protection to the shins. . . . . Per pair, *$1.50*

No. 60. Made with covering of black leather backed up with real rattan reeds and felt padding. Leather straps and binding. Light in weight and well made. Per pair, *$1.25*

We are making three sizes and styles of canvas shin guards, very well made and light in weight.

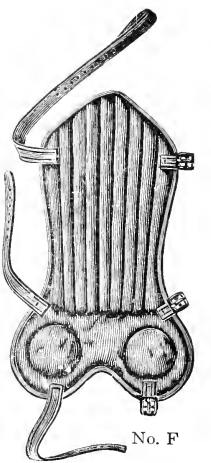
Leg Guard

No. F. Canvas shin guards, 10 inches long, fitted with leather straps, padded with reed and felt; equipped with ankle protectors. Per pair, *$1.00*

No. 8. Canvas. Length 9 in., reed and felt padding. Pair, *40c.*

No. 9. Canvas. Length 11 in., reed and felt padding. Pair, *50c.*

No. 11. Cotton moleskin, backed up with real rattan and felt padding; strongly made. . . Per pair, *60c.*



No. F

Hockey Leg Guards

No. 4. Leather. . . . . Per pair, *$2.50*
No. 5. Canvas. . . . . " *2.00*

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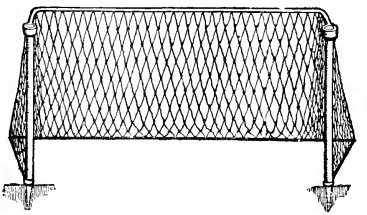
Regulation Hockey Goals



The importance of having goals that are substantially made and which conform exactly to the rules cannot be disregarded. Those that we furnish are duplicates of those used in the best rinks in Canada.

Per pair, $18.00

Spalding's Hockey Gloves

Made of tan leather, lightly padded on fingers, back and gauntlet.

Per pair, $3.50

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Spalding's

Official

Hockey Pucks

THE Spalding Official Trade-Mark Puck has been adopted as the official puck of "The Canadian Amateur Hockey League," composed of the following world-famed teams: Ottawas, Victorias, Shamrocks, Montreal and Quebec.

No. 13. Each, 50c.

"PRACTICE"

THE Spalding "Practice" Puck is regulation size and really better than the so-called official pucks turned out by other manufacturers.

No. 15. Each, 25c.

Extract from Official Rules

OF THE

Canadian Amateur Athletic League

SEC. 13. The Spalding Hockey Puck, the official puck of the League, must be used in all matches.

SEE THAT OUR TRADE-MARK APPEARS ON PUCK ITSELF BEFORE USING

SEND FOR SPALDING'S HANDSOMELY ILLUSTRATED CATALOGUE. MAILED FREE TO ANY ADDRESS IN THE UNITED STATES OR CANADA. WRITE FOR ONE.

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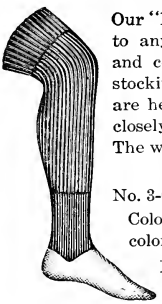
SPALDING'S HOCKEY STOCKINGS

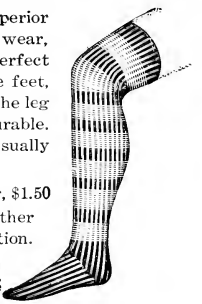


Our "Highest Quality" Stockings are superior to anything ever offered for athletic wear, and combine all the essentials of a perfect stocking. They are all wool, have white feet, are heavy ribbed, full fashioned, hug the leg closely but comfortably, and are very durable. The weaving is of an exclusive and unusually handsome design.

No. 3-0. Plain colors, white feet. Pair, $1.50

Colors: Black, Navy and Maroon. Other colors to order only. Prices on application.

No. 3-0S. Striped, white feet; made to order only; any color. Pair, $1.75



STRIPED RIBBED STOCKINGS

Best quality, all wool; stripes 2-inch, alternate. Colors: Scarlet and Black, Navy and Red, Orange and Black, Maroon and White, Royal Blue and White, Royal Blue and Black, Navy and White. Other colors to order only; prices on application.

No. 1RS.	Heavy weight.	Per pair, $1.25
No. 2RS.	Medium weight.	" 1.00
No. 3RS.	Good weight.	" .75

PLAIN COLORS

No. 1R.	Heavy weight, all wool.	Per pair, $1.00
No. 2R.	Medium weight, all wool.	" .80
No. 3R.	Good weight, wool legs and cotton feet. . . .	" .60
No. 4R.	Cotton.	" .25

Colors; Black, Navy, Maroon, Royal Blue and Scarlet.

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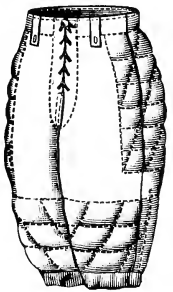
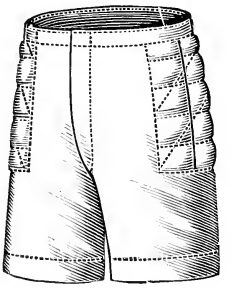
HOCKEY PANTS



No. 2H



No. 5B

No. 2H. Heavy brown canvas, padded hips and knees. . . Per pair, $1.00

No. 1H. Special quality brown canvas, hips and knees well padded. " 1.75

No. 3H, Special quality. Lightest and strongest brown canvas manufactured used in these pants. Hips and knees properly padded. Thighs have cane strips. . . . . Per pair, $2.00

No. 5H. Goal Tenders' Pants. Made of moleskin; hips and knees padded with fine curled hair; the thighs covered with cane strips. Per pair, $3.00

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SPALDING'S "SPECIAL" HOCKEY SHOE

Material is a fine quality calfskin. Straps at ankle and instep give needed support, and altogether this is an ideal hockey shoe, particularly for forwards.

No. 336. Pair, $5.00

No. 336

SPALDING'S HOCKEY SHOE

We have been supplying these shoes to hockey players for some seasons past with general satisfaction. Material is fine quality calfskin, machine sewed, with supporting straps at ankle and instep.

No. 335. Pair, $4.00

No. 335

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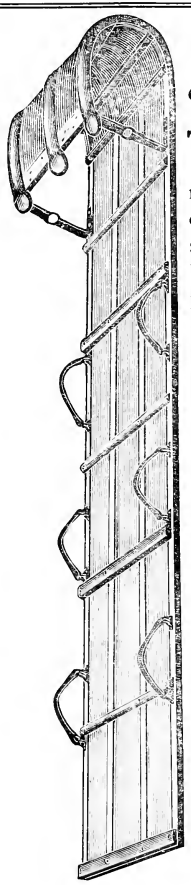

The Spalding "Shamrock" Toboggans

THE Spalding "Shamrock" Toboggans are made with both wood and steel runners. Sides are extra heavy to prevent chipping, runners placed so as to be equally suitable for either snow or ice slides, and hoods reinforced inside with wooden cross-pieces. Guaranteed to be best quality throughout. Where a toboggan is to be used continuously we recommend the steel shod style on account of its greater durability.

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Wood runners, 8 feet long.
Each, $12.00

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Wood runners, 6 feet long.
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No. 8-S.	8 feet long. . .	Each, $16.00
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No. 6-S.	6 f et long. . .	" 14.00

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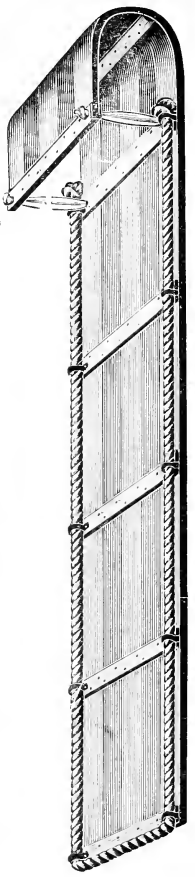
The Spalding "Victoria" Toboggans

In every particular these toboggans are bound to meet with approval. Material used in construction is carefully selected and will give excellent satisfaction. Hoods held in place with leather thongs and ropes of durable quality.

No. D.	6 feet long.	Each,	$7.00
No. E.	7 feet long.	"	8.00
No. F.	8 feet long.	"	9.00



The Spalding "Franklin" Toboggans

To meet the demand for a toboggan of good quality at a moderate price, we have introduced our "Franklin" style. Hood is held in place with leather thongs, and side ropes are well secured.

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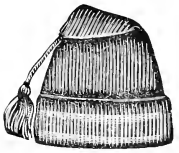
No. 3.	6 feet long.	"	4.00
No. 4.	7 feet long.	"	5.00
No. 5.	8 feet long.	"	6.00



Toques

For tobogganing and winter sports. Knit of pure wool yarn, with fancy stripes and tassel.

No. 555.	Extra fine quality.	Each,	$1.25
No. 510.	Fine quality.	"	.75
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TOBOGGAN CUSHIONS

Well padded and nicely tufted. Sides and bottom of special quality brown canvas. Leather straps for attaching to toboggan.

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Ticking top, 2 feet.	Each, $1.00
Ticking top, 3 feet.	" 1.50
Ticking top, 4 feet.	" 2,00
Ticking top, 5 feet.	" 2.50
Ticking top, 6 feet.	" 3.00
Ticking top, 7 feet.	" 3.50

CORDUROY

Corduroy top, 3 feet.	Each, $4.00
Corduroy top, 4 feet.	" 5.00
Corduroy top, 5 feet.	" 6.00
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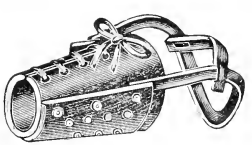

Made of heavy leather, with reinforcements riveted on side. Laced at top and well made.

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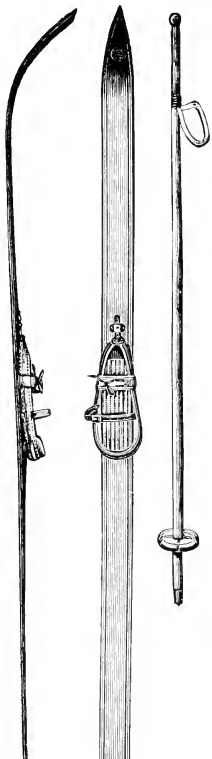

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We introduce this season the Spalding Yellowstone Skis. Absolutely high grade, made according to the latest ideas and of hard wood. They are sawed to make a permanent centre curve (not bent), and grain runs to the back so as to offer no resistance. Have adjustable foot straps with corrugated rubber rest, and bottom of skis is grooved. Each pair furnished complete with special pole, equipped with bottom ring, wrist thong and steel spike with brass ferrule.

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Well made and of latest design. Pole with each pair.

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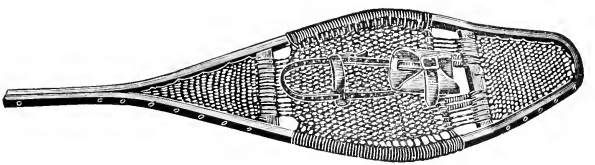

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No. 35.	Men's, 14x42 inches.	" 5.50
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Made of soft oil tanned leather; readily attached to snow shoes. For the practical tramper.

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For hunting, snow shoeing and tobogganing. Very strong and heavy; bellows tongue. When ordering send size of shoe worn.

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Made of the very finest Australian lamb's wool, and exceedingly soft and pleasant to wear. They are full fashioned to body and arms and without seams of any kind. The various grades in our "Highest Quality" Sweaters are identical in quality and finish, the difference in price being due entirely to variations in weight.

Our No. AA Sweaters are considerably heavier than the heaviest sweater ever knitted and cannot be furnished by any other maker, as we have exclusive control of this special weight.

No. AA.	Particularly suitable for foot ball and skating. Heaviest sweater made.	Each, $7.00
No. A.	"Intercollegiate," special weight. .	" 6.00
No. B.	Heavy Weight.	" 5.00
No. C.	Standard Weight.	" 4.00

Colors: White, Navy Blue, Black, Gray, Maroon and Cardinal. Other colors to order. Prices on application. All made with 10-inch collars; sizes, 28 to 44 inches.

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Spalding's
New and Improved Jerseys

We carry following sizes in stock: 28 to 42-inch chest. Other sizes at an advanced price. Our No. 10P line is manufactured from hard twisted worsted and closely woven; of a good quality. Made to stand the severest strain; an absolutely perfect basket ball jersey.

No. 10P. Solid colors: Black, Navy Blue, Gray and Maroon carried in stock; other plain colors to order. . . . . Each, $2.50

No. 12P. In same colors as above. . . . . " 2.00

No. 10PX. Same grade, solid color bodies with alternate striped sleeves—usually two inches of same color as the body, with narrow stripe of any desired color. Very popular with sleeveless jackets. . . Each, $2.75

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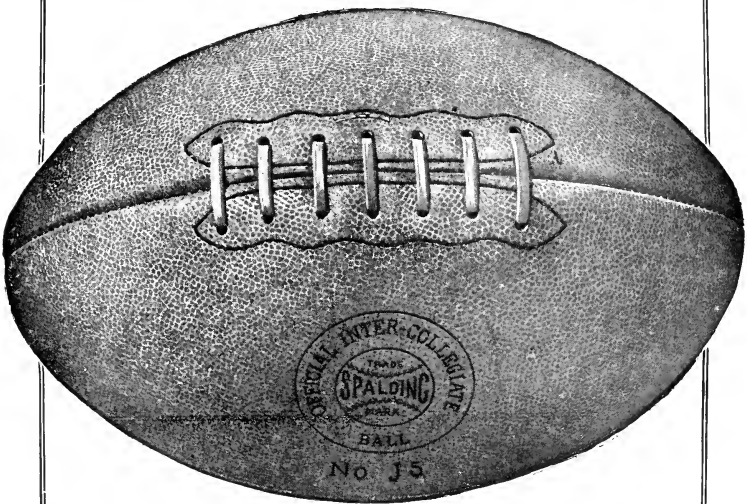
The Spalding
Official Intercollegiate Foot Ball



We have spared no expense in making this ball perfect in every detail, and offer it as the finest foot ball ever produced. Each ball is thoroughly tested, packed in a separate box and sealed, so that our customers are guaranteed a perfect ball inside when same is received with seal unbroken. A polished and nickel-plated brass foot ball inflater and lacing needle will be packed with each Intercollegiate foot ball without extra charge. Used exclusively by all the leading universities, colleges and athletic associations without exception.

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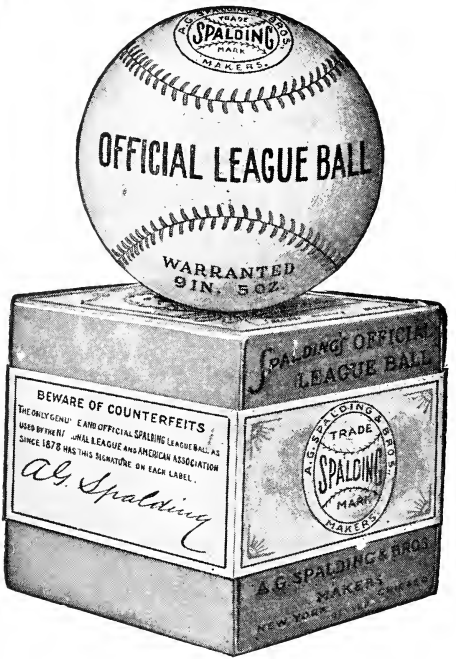

The Spalding Official League Ball.

Used exclusively by the National League, Minor Leagues, and by all Intercollegiate and other Associations for over a quarter of a century. Each ball wrapped in tinfoil and put in a separate box, and sealed in accordance with the regulations of the National League and American Association. Warranted to last a full game when used under ordinary conditions..No. 1. "Official" League Ball. Each, $1.25

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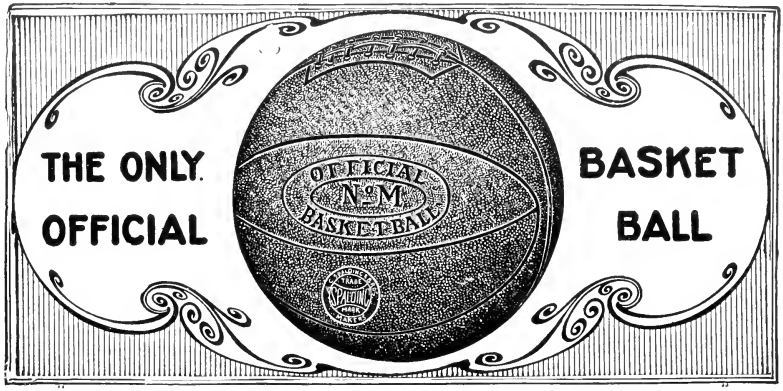

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SEC. 3. The ball made by A. G. Spalding & Bros. shall be the official ball.

OFFICIAL
No M
BASKET BALL

Extract from Official Rule Book

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Holder of the world's record, 9 3-5s. for 100 yards, wears Spalding Shoes in all his races.

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Holder of the world's 440 yards record; the American, English and International champion, wears Spalding Shoes in all his races.

B. F. Wefers
Holder of the world's record for 220 yards, made his record with a pair of Spalding Shoes.

John F. Cregan
The American half-mile and Intercollegiate champion, and thousands of others attribute their success on the path to the fact that they had a well-fitting, light, serviceable shoe to wear.

Nearly every American, Intercollegiate and Interscholastic record has been made when the contestant wore Spalding Shoes.

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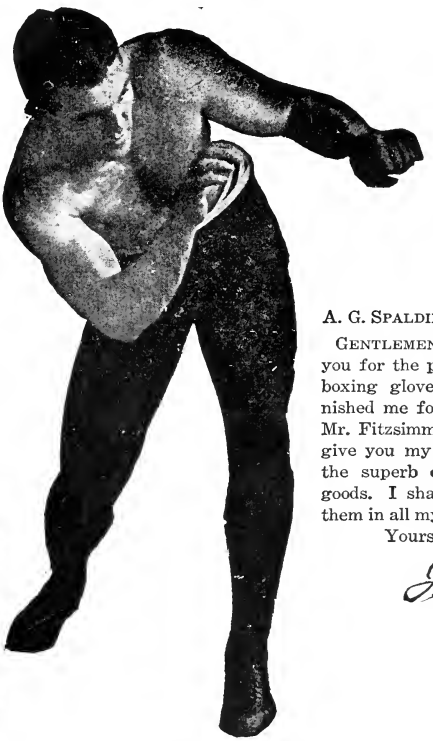

From Champion Jeffries

A. G. SPALDING & BROS.

GENTLEMEN—I wish to thank you for the perfect shoes and boxing gloves that you furnished me for my fight with Mr. Fitzsimmons, and also to give you my indorsement for the superb quality of these goods. I shall expect to use them in all my future contests.

Yours very truly,

Jas. J. Jeffries

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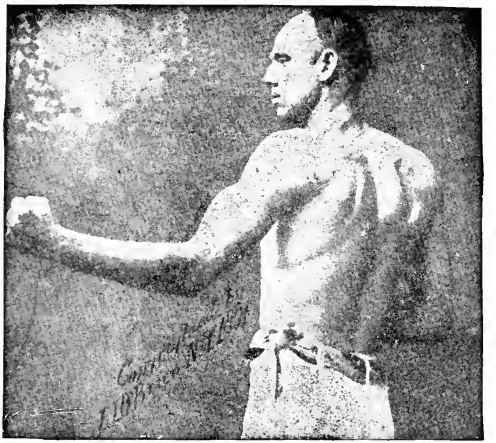

ROSE VILLA, Bensonhurst, N. Y., Feb. 15, 1902.

A. G. SPALDING & BROS.

GENTLEMEN—You no doubt have seen by the Associated Press dispatches that I am matched with James J. Jeffries to contest for the championship of the world during the month of May, next. I am going to make an earnest effort to win back the championship, and want to be in fine fettle when I enter the ring. I have always used your gloves in every important battle, and as I can find nothing to compare with the Spalding gloves and striking bags you make, I want you to forward at once a set of 5-ounce "Specials," and a set of the 10-ounce training gloves.

I am going to have Gus Ruhlin assist me in training, and when I get well under way, will forward an additional order, so that I may not be handicapped for want of apparatus.

Kindly forward bill, and I will send a New York draft to balance account. With regards,

Yours very truly,

Robert Fitzsimmons

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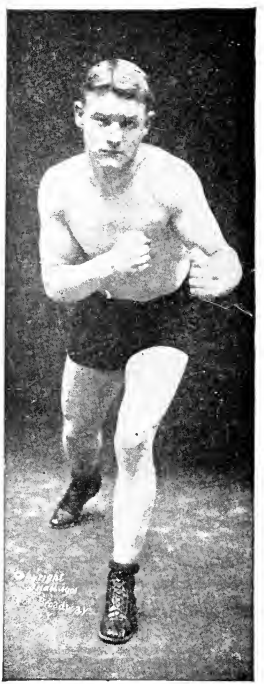
HOW TO PUNCH THE BAG



W. H. ROTHWELL
("Young Corbett")

BY

YOUNG CORBETT

(W. H. ROTHWELL)

The most complete book on bag punching ever written. All the various movements clearly explained and illustrated. The photographs were taken especially for this book at Young Corbett's training quarters in New York, and cannot be seen elsewhere.

Fancy bag punching described by W. F. Keller, champion fancy bag puncher.

PRICE TEN CENTS

A. G. SPALDING & BROS.

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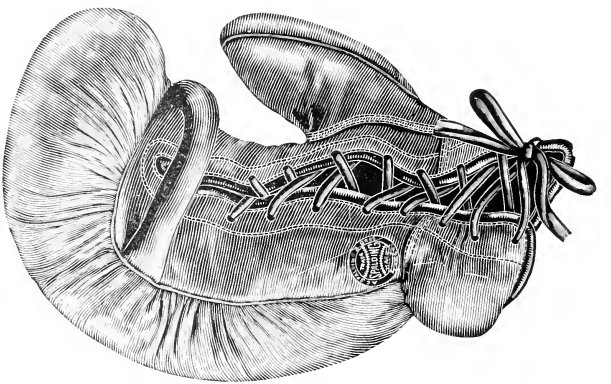
BOXING GLOVES



Cut illustrates the patent palm lacing and patent palm grip referred to in descriptions of following boxing gloves. With these improvements we believe our line is absolutely the finest on the market. The patent palm lacing insuring a snug fit at all times is a very valuable feature, and the patent palm grip we know will be appreciated by those who want gloves that are up-to-date in every particular.

No. **15.** Corbett pattern, soft tanned leather, well padded with hair, padded wristband, patent palm lacing and patent palm grip. . . . . Per set, **$3.00**

No. **17.** Corbett pattern, craven tan leather, well padded with hair, patent palm lacing, patent palm grip and padded wristband, ... Per set, **$3.00**

No. **19.** Corbett pattern, craven tan leather, well padded with hair, patent palm grip and patent palm lacing. Per set, **$2.50**

No. **21.** Corbett pattern, grip and cuffs of olive tanned leather, balance of glove finished in dark wine color tanned leather. Well padded with hair and patent palm lacing. Per set, **$2.00**

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HOW TO BECOME A BOXER

For many years publications have been issued on the art of boxing that to a certain extent did not enable the novice nor the youth to become proficient in the manly art. There is probably no man in America better qualified to teach boxing than Prof. William Elmer, and in his book on the subject he goes into it very exhaustively. The book contains about seventy full page illustrations, showing how each blow is to be made, how to attack and how to defend yourself. It shows how the hands must be held and the positions to take, with descriptions that are so accurate that any boy can take them, open them up and with a young friend become proficient. Besides being a fully illustrated book on the art of self-defence, it contains nearly all the photographs of the leading American boxers and the positions they take, which in itself is instructive; the different rules under which all contests are held, and articles which will interest anyone on the question of physical education. In order to make this publication the most accurate one issued, Prof. Elmer had his sparring partner posed personally for all the illustrations.

PRICE BY MAIL 10 CENTS.

American Sports Publishing Co.

16–18 Park Place, New York.

Spalding's Championship Hammer

Ball-Bearing Swivel

A. G. Spalding & Bros.:
Gentlemen:--I have tested the 16-pound hammer you made under my direction and found it to be perfect. I like it when easier to play in circle when easier to play in circle when sentiputing, and owing to its ball-bearing construction it gets less resistance from the and in fact fills the bill completely as to what a perfect hammer should be. I will use it in all competitions and recommend same to those wishing to excel in hammer throwing. You have my permission to use my name. Yours respectfully,
John Flanagan

Flanagan's Record of 171 ft. 9 in., Long Island City, September 3, 1901, was made with this hammer.

The Spalding Championship Ball Bearing Hammer, originally designed by John Flanagan, champion of the world, has been highly endorsed only after repeated trials in championship events. The benefits of the ball-bearing construction will be quickly appreciated by all hammer throwers. Each hammer put up complete in sole leather carrying case.

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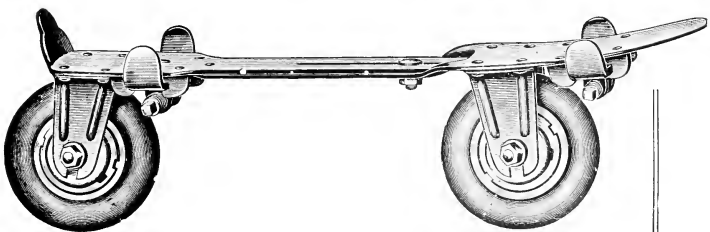

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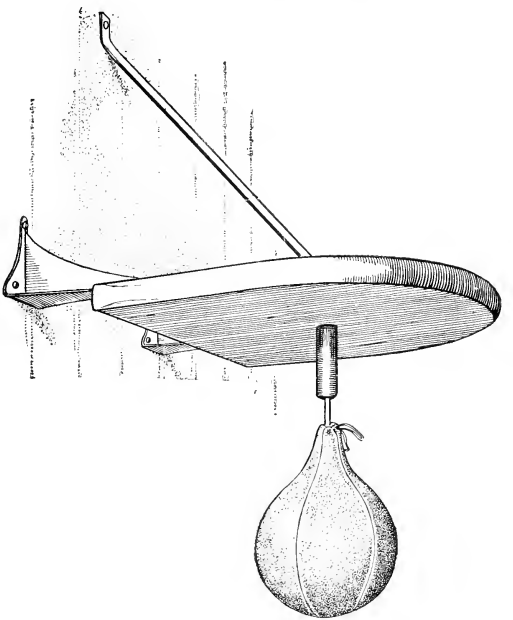

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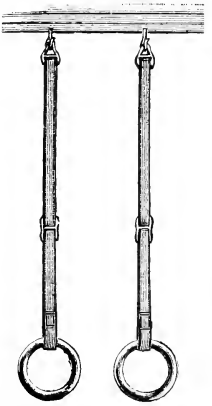

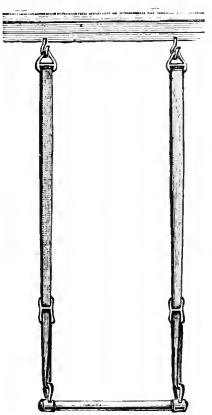

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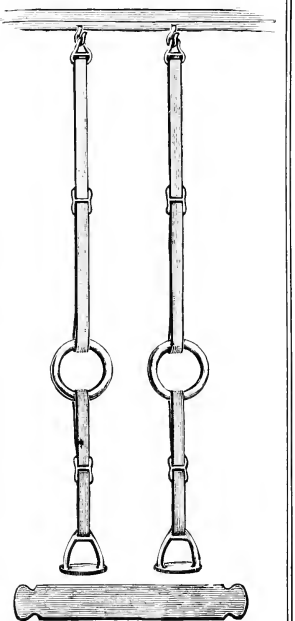

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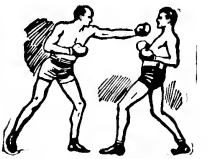

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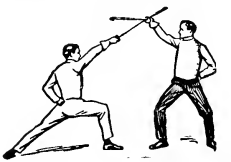

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